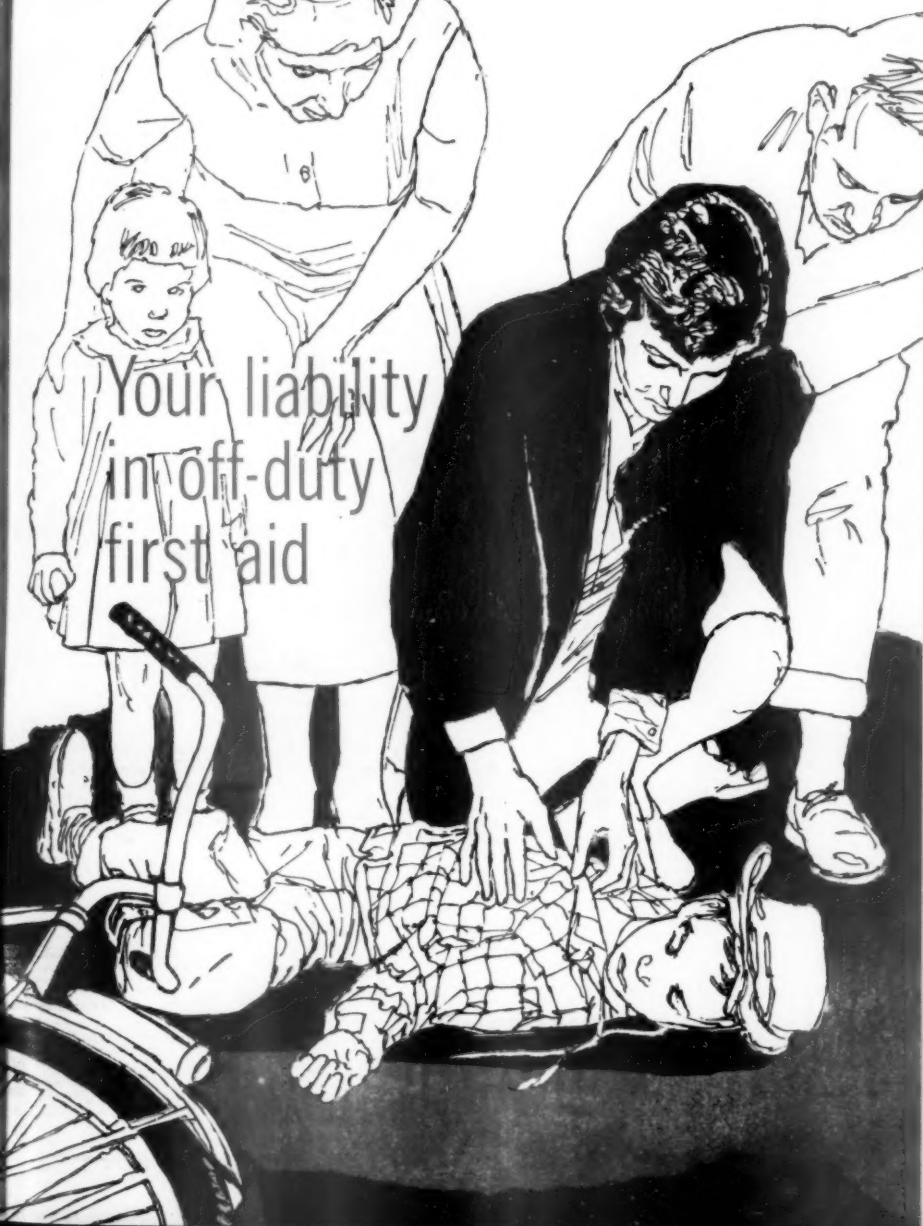


RN

MAY 1959





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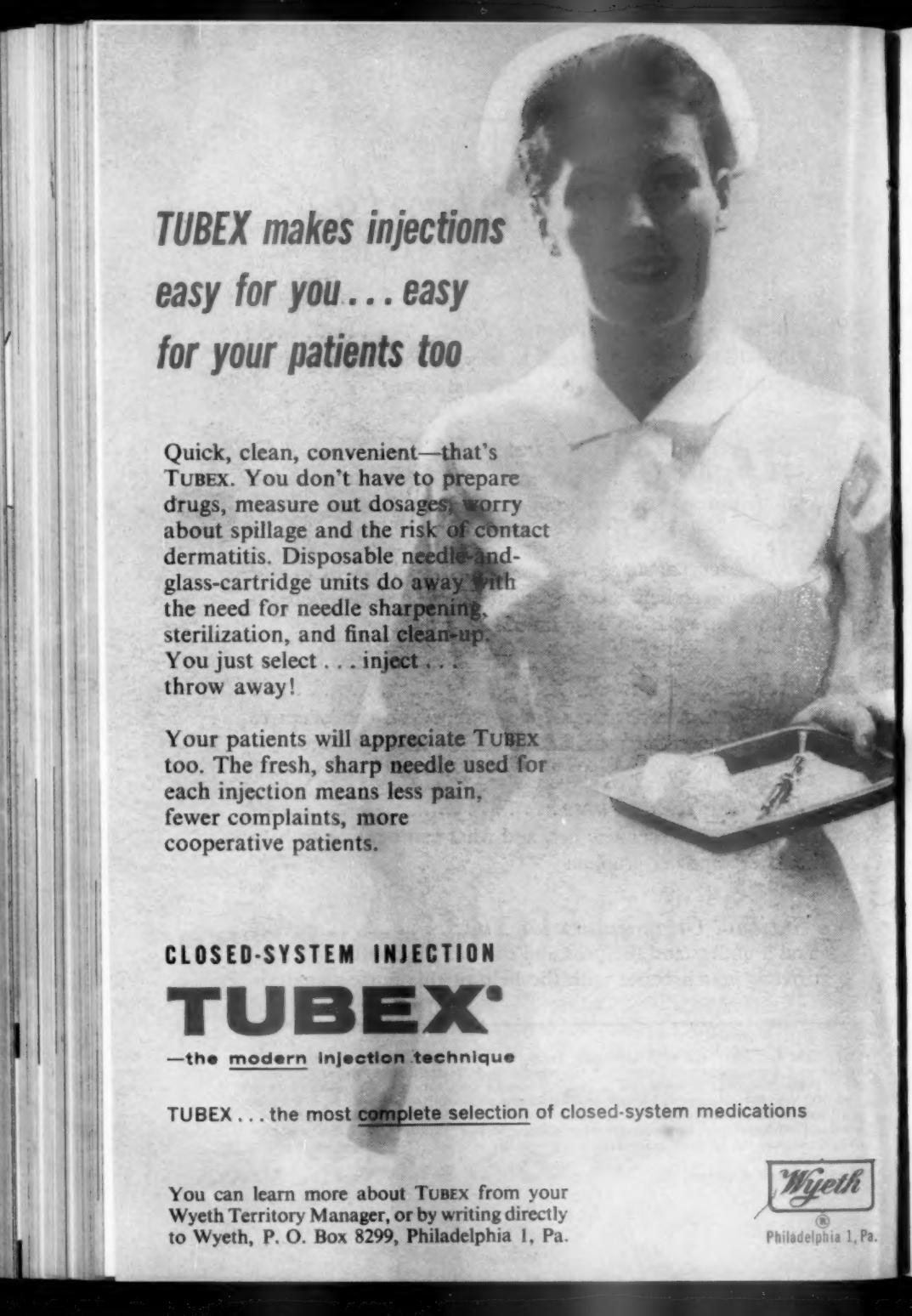
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— MORE ►

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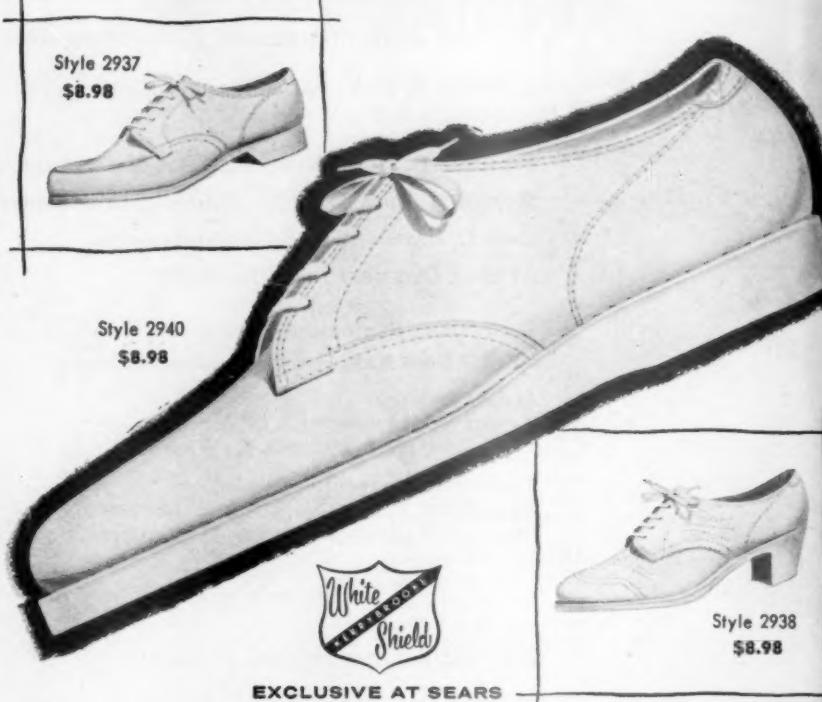


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and round
and round
she goes
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CURRENT CLINICAL STATUS OF TOPICAL HORMONES

At the Clinical Research Division of Helena Rubinstein,[®] studies devoted to the topical hormone approach to the aging-skin problem have been strongly influenced by the stated opinions of recognized clinicians as well as by results recorded in the current medical literature. For years this group has been closely identified with dermatologic research in this phase of clinical medicine.

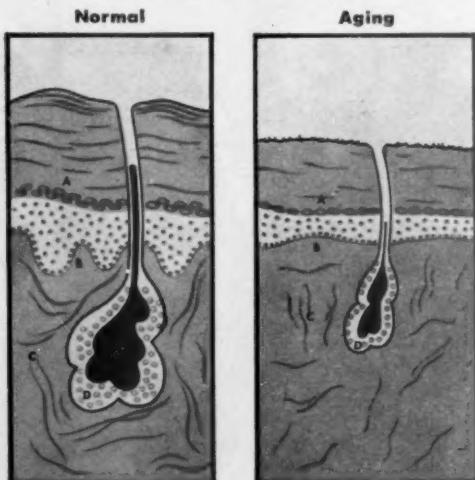
Aging Skin Linked with Waning Sex Hormones—Skin changes "constantly accompany the advance of the climacteric."¹¹ Aging female skin may appear wrinkled, inelastic,² and feel "thinner...less resilient."¹²

Aging Skin and the Estrogen Decline—Marked changes of the skin occur "when the normal production of estrogen decreases."¹³

Changes in the epidermis: "The epidermis becomes thinner and the outermost layer appears looser."¹⁴ Epithelial cells are "small in size and poorly differentiated," "normal projections of the epidermis into the cutis...absent."¹⁵

Changes in the dermis: "Flattening of the papillae...is one of the most characteristic changes."¹⁶ "The corium decreases in thickness with loss of elastic and collagen fibers." "Collagenous fibers grow thinner...elastic fibers...show clumping, shortening, thickening...subcutaneous fat shows degeneration...water content is reduced."¹⁷

Aging Skin and the Progesterone Decline—"Progesterone...has a striking growth-promoting effect on sebaceous glands."¹⁸



*Changes in Female Skin
Upon Aging—(shown schematically)*
A—Epidermis B—Papilla
C—Corium D—Sebaceous Glands

Oral⁵ or parenteral¹³ estrogen did not produce these effects. It was stated that "there is definite support for the anti-wrinkling effect produced by the use of hormone cosmetics based upon (a) the thickening of the epidermis, (b) plumping of the collagen fibre

Changes in sebaceous apparatus
aging skin, sebaceous glands become much reduced in number "...smaller and less active."¹⁹

Replacement Therapy with Topical Hormones—"Estrogenic hormones...progesterone...penetrate intact skin rapidly and with great ease."²⁰ Applied locally, steroids "have a profound effect upon the skin and its accessory structures."²¹

Controlled Studies with Topical Hormones—**Estrogens:** Published studies^{10,11,12} confirm that topical estrogens provide favorable responses in aging female skin. Observations included greater succulence of epidermal cells¹¹ and derma,¹² and improved elasticity.¹² Epidermal proliferation, new formation of elastic fibrils and increased vascularization were reported.¹⁰

progesterone compared surface and surface oil. Estrogens natural est and histoc plumping effect). Co mbined effects on secretion showed fr hormone nce"¹⁸ and eauty T recent y nation and significant Helena Ru all prepar ess, effica e never continue to reference Williams & McCordinol 14:412 (M Goldzieb ment of Skin, New J Rothman 1954, p. 41. Slatmat, 66: 134, (12) T Gerontol. J. Proc. vision, H Slatmat, 69: 3159, 195 Available WRIGHT 195

PROMISE OF PROGESTERONE THERAPY IN AGING FEMALE SKIN

Progesterone: Results of topical progesterone applications on aging female skins were compared with those observed with estrogen creams and enriched placebos.¹⁵ Skin-surface and biopsy examinations demonstrated that progesterone creams increased the surface oil and epidermal emolliency.¹⁶

Estrogens Combined with Progesterone: A face cream* containing 10,000 I.U. of natural estrogens and 5 mg. of progesterone was tested on aging female skin.¹⁸ Surface and histochemical studies revealed that nightly applications produced: a) hydration, or plumping (estrogen effect), and b) increased natural oil and emolliency (progesterone effect). Controls with estrogen creams indicated that the dermatologic effect of the combined cream appears to be enhanced by the synergistic action of the two hormones. Effects on menstrual cycles and significant changes in vaginal smears or urinary hormone excretion were not detectable. Patch tests (Schwartz-Peck and Draize-Shelansky),¹⁷ showed freedom from irritation and sensitization.

Hormone concentrations used in foregoing studies have been established to be "entirely safe"¹⁸ and free from systemic effects.

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References: (1) Masters, W. H., in Lansing, A. I.: Cowdry's Problem of Aging, ed. 3, Baltimore, Williams & Wilkins Company, 1952, p. 651-685. (2) Hurxthal, L. M., and Musulin, N.: Clinical Endocrinology, Philadelphia, J. B. Lippincott Company, 1953, vol. 2, p. 948. (3) Blank, I. H.: J.A.M.A. 204:412 (May 25) 1957. (4) Traub, E. F., and Spoor, H. J.: J. Am. Geriatrics Soc. 1:805, 1953. (5) Goldzieher, M. A.: J. Gerontol. 1:196, 1946. (6) Rothman, S.: Panel Discussion, Clinical Management of Skin Disease in Geriatric Patients, J. Am. Geriatrics Soc. 6:575, 1958. (7) Nicholas, L.: J. M. New Jersey 54:524, 1957. (8) Lorincz, A. L., and Stoughton, R. B.: Physiol. Rev. 38:481, 1958. (9) Rothman, S.: Physiology and Biochemistry of the Skin, Chicago, University of Chicago Press, 1948, p. 41. (10) Goldzieher, J. W.; Roberts, I. S.; Rawls, W. B.; and Goldzieher, M. A.: A.M.A. Arch. Dermat. 66:304, 1952. (11) Curth, W., cited in Peck, S. M., and Klarmann, E. G.: Practitioner 173:159, 1954. (12) Traub, E. F., in Peck, S. M., and Klarmann, E. G.: Practitioner 173:159, 1954. (13) Chieff, M.: Gerontol. 5:17, 1950. (14) Peck, S. M., and Klarmann, E. G.: Practitioner 173:159, 1954. (15) Spoor, H. J.: Proc. Scientific Section, Toilet Goods Association, No. 27:1 (May) 1958. (16) Clinical Research Division, Helena Rubinstein, Inc. (17) Traub, E. F.; Tusing, T. W., and Spoor, H. J.: A.M.A. Arch. Dermat. 69:399, 1954. (18) Sulzberger, M., cited in Peck, S. M., and Klarmann, E. G.: Practitioner 173:159, 1954.

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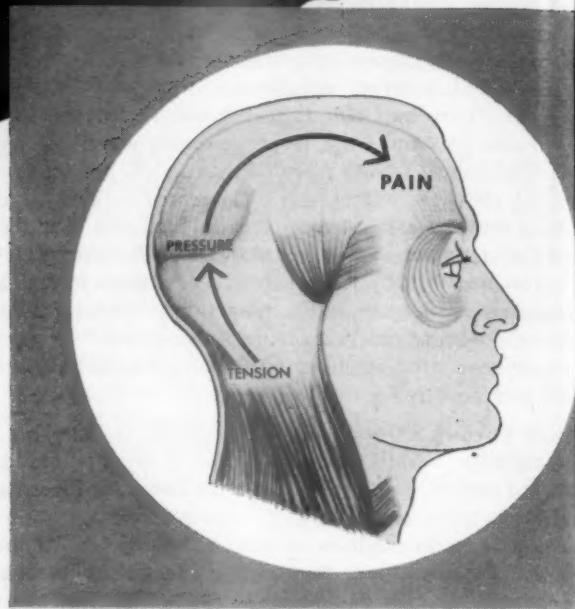
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RN letters

CROSSWORDS, ANYBODY?

DEAR EDITOR: I'd like to see a medical crossword puzzle in *RN* each month.

The puzzle could include medical terms, names of drugs and equipment, famous people in the healing arts, etc. Solving it would help us improve our medical vocabulary, our spelling, and our general knowledge.

Some nurses no doubt like to construct (as well as solve) crossword puzzles. Those who do could submit them to *RN*—then we'd have puzzles by nurses for nurses.

Natalie T. Christoph, R.N.
Columbia, S. C.

RN will be glad to consider the purchase and publication of crossword puzzles designed especially for nurses.—ED.

ASEPSIS—THEN AND NOW

DEAR EDITOR: When I was in training we protected patients from infection by using correct techniques before, during, and after surgery—including proper disposal of soiled dressings.

Recently I saw a resident drop a foully soaked abdominal dressing

onto my patient's denture brush, lying on the bedside stand.

In some hospitals, doctors roam the operating suite in their street-contaminated shoes.

Is asepsis going the way of the dodo?

Hannah O. Gruenwald, R.N.
Milwaukee, Wis.

PAJAMA GAME

DEAR EDITOR: I shouldn't have been afraid when I, a nurse, found myself on a stretcher headed for the O.R. Yet I was terrified.

The hospital I'd been taken to was a quiet, efficient place—not at all like the bustling hospital I was used to. As my stretcher rolled down the hallway, I looked at each doctor and nurse who passed, hoping that one of them would smile cheerfully as our staff always did. But no one gave me a glance.

In the O.R. my tension mounted. Why, I thought, doesn't someone laugh, or joke—or just act human!

The young interne must have read my mind. For suddenly he dropped the anesthesia mask; and, as he bent to pick it up, I saw a wonderfully familiar sight: His striped pajama pants showed below



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12 RN · MAY 1959



letters

the cuffs of his white trousers—the usual sign of a long night spent on call.

I smiled and closed my eyes, reassured and relaxed.

Mary Szczerba, R.N.
Seattle, Wash.

RX FOR P.G.

DEAR EDITOR: Deliver me from the medicine and nursing of "the good old days." Such things as mustard plasters for pneumonia and Murphy buttons in bowel surgery are relics of the dead, buried past and should stay dead and buried.

I aim to encourage P.G.: professional growth.

How? By renewing two things: membership in the A.N.A. (our great defender) and my subscription to *RN* (our favorite magazine). Without *RN* I'd find myself side-tracked from the march of progress.

Marie Wilson Garvue, R.N.
Minneapolis, Minn.

DUES TOO HIGH?

DEAR EDITOR: As a 1920 graduate, I remember when special duty meant a twenty-hour day and general duty a twelve-hour day.

It wasn't until state nurses' associations came into existence and used their influence that hospitals reduced working hours and raised salaries.

I admit the dues we pay for these benefits are high; but I wouldn't think of not supporting an organi-



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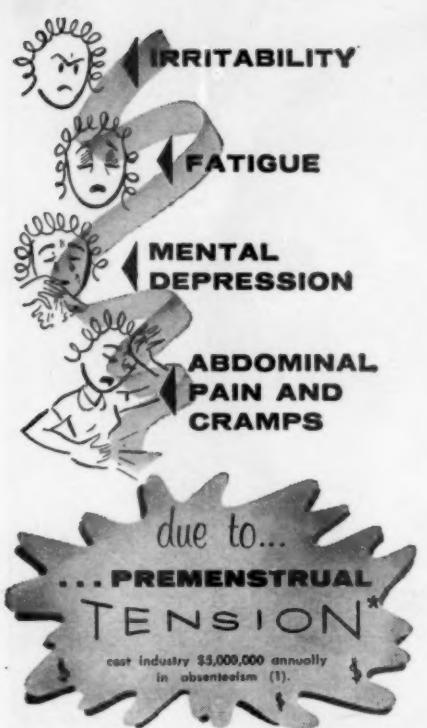
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letters

zation that has so definitely improved our working conditions.

Maude R. Miller, R.N.
Portland, Ore.

BUBBLE-GUM ECHO

DEAR EDITOR: Re recent comments about the use of first names among staff nurses and reporting on duty bare-legged: Neither detracts from professional dignity nearly so much as the constant cigarette or the crack of chewing gum.

Iva Gross Ruckseite, R.N.
Akron, Ohio

MOST NURSES NURSE

DEAR EDITOR: You often hear it said that too many nurses leave nursing as soon as they graduate. Yet if my Class of '47 at Deaconess School of Nursing, Spokane, Wash., is typical, this statement is all wrong.

Here's what our ninety-five class members had done by 1957, as shown in our tenth anniversary survey:

¶ All but three were, or had been, active in professional nursing.

¶ We'd served in some 25 branches of nursing, and most had worked in several areas. The major fields were: hospitals, 64 per cent; offices, 11 per cent; private duty, 6 per cent.

¶ Six of us had served with the Armed Forces, two in foreign missions, one on a dude ranch. Nine had earned their degrees. More►



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letters

¶ Eighty had married; and they had borne a total of 189 children. All but seven of these wives and mothers had done nursing after marriage.

¶ Only three had married doctors. The others had married farmers, clergymen, barbers, engineers, carpenters, etc. (including a crop-duster pilot).

Katherine A. Burkett, R.N.
Spokane, Wash.

HAZARDOUS CHORE

DEAR EDITOR: I do private duty. In case after case, a technician has ordered me to hold X-ray plates in back of the patient while pictures

are being taken. This has happened both at the bedside and in the X-ray department.

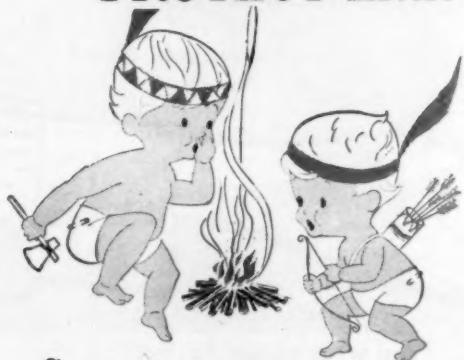
Are other private duty nurses being exposed similarly to radiation every time their patients are X-rayed?

Kathryn Zsembik, R.N.
West Palm Beach, Fla.

Nurses aren't obligated to carry out a technician's "orders" (or requests). In fact, radiologists say a nurse should not even hold a child who's being X-rayed unless lead-shielding and other recommended precautions are observed.—ED.

END

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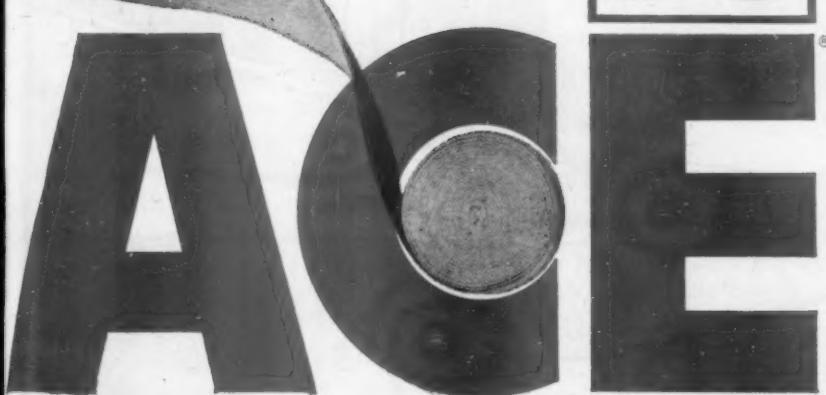
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RN news

R.N.s Asked to Destroy Disposable Syringes

Don't just discard them—destroy them!

That's what doctors and nurses are urged to do with disposable syringes after use. For the police report that discarded units, which include needles, have been falling into the hands of narcotic addicts and "other unauthorized persons."

At one public school in New England, students recently retrieved thirty disposable syringes from the wastebaskets after mass immunization. They were using them as flying missiles when the teacher stopped their dangerous play.

EKG Favored for Use In Childbirth

The electrocardiograph is more reliable than the stethoscope in detecting fetal distress during labor, says Dr. Edward Hon of Yale University.

During the past three years, he reports, Yale medical school personnel made EKG tracings of the fetal pulse rate in some 500 deliveries. This was done by placing EKG leads on each expectant

mother's abdomen while she was in labor.

The tracings gave the doctors a continuous report on how the baby's heart was behaving. In contrast, a stethoscope—applied only at intervals—gives a very sketchy report.

Giraffe's B.P. May Give Clue to Strokes

The world's highest blood pressure—four times higher than man's—is found in the world's highest animal, the giraffe. (The giraffe needs



this pressure to pump blood eight to ten feet "uphill" for adequate perfusion of its brain.)

Dr. Robert H. Goetz of Yeshiva University is studying the giraffe's cardiovascular system in search of

news

data that may suggest the cause of vascular degeneration in humans.

He has already discovered why the animal's cerebral blood vessels don't rupture from the tremendous pressure developed when the head is lowered six to eight feet below heart level. In the giraffe's head, he explains, is a "wonder net"—a sponge-like structure of tiny vessels that reduces the pressure in much

the same way that a power transformer reduces high voltage to lower levels.

Dr. Goetz' research is sponsored by the American Heart Association and its New York affiliate.

Don't Give Up the Spud

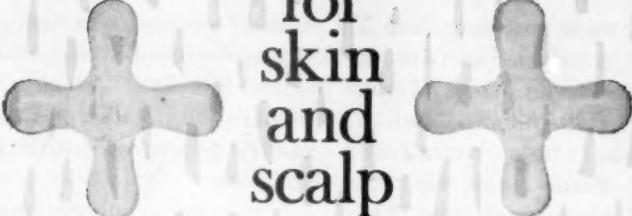
You needn't quit eating potatoes just because you've gained a few pounds. A medium-size baked po-



Pediatric Sleuth

This tiny Okinawan had head sores. They weren't healing. So Sister Mary Carmel of the Daughters of Mary, Health of the Sick, did some sleuthing. Mama, it seems, was applying a special salve: toothpaste!





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in pyoderma: For prophylaxis, use nightly as a liquid cleanser on the entire body and leave on for five minutes, then rinse thoroughly.

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1. Frank, L.: Research Report 1.85

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news

tato is no more fattening than a large orange, half a grapefruit, or a serving of peas—that is, if you don't add butter to the potato!

Says who? Says Nutritionist Adelia M. Beeuwkes of the University of Michigan faculty. She calls the lowly spud "one of the best dietary investments you can make." She says it contains a third of your daily vitamin C requirement.

Family Tension Said To Cause Colic

About 10 per cent of colic in infants is due to a proven allergy to cow's milk. But most colic is the

result of tension in the family and a native degree of hypertonia in the baby.

That's the opinion of Dr. Herman F. Meyer of Northwestern University.

The colic syndrome may be caused by "a need for exit of more than average energy," says Dr. Meyer. This reaction isn't abnormal or pathologic, but represents an exaggerated response to the environment. He adds that all parents need to be reassured as to the nature of this condition and that colic does not mean a baby has brain damage or a nervous disorder.

Dr. Meyer recommends the use

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of antispasmodic and anticholinergic agents. He also suggests that a pacifier might be used—"if for no other reason than to obstruct the opening from which the cacophonous sound emanates."

Unions Moving In Fast At New York Hospitals

Swift action by three competing unions had New Yorkers buzzing last month over the question: How far will labor leaders go in their all-out drive to unionize the city's eighty-one voluntary hospitals?

These developments provided some telling clues:

¶ At least one union—Local

237, International Brotherhood of Teamsters—was reportedly trying to enroll nurses as well as nonprofessional workers.

¶ Another—Local 1199, Retail Drug Employes Union, already recognized by two hospitals—claimed to have signed up a majority of the workers at twelve other hospitals and was demanding collective bargaining rights.

¶ At Montefiore Hospital, where Local 1199 won recognition after a recent strike threat, the union's membership was said to include X-ray and lab technicians, pharmacists, and nurses' aides.

¶ Several hospitals had been

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picketed by one or more unions in their bid for recognition. In at least one case, a teamsters' picket line had temporarily halted the delivery of hospital supplies. (Unionized deliverymen refused to cross the line.)

¶ A spokesman for the teamsters' local was quoted by the New York Herald Tribune as saying: "The hospitals seem to want a war. Well, they'll get one." When asked if a strike would be called to gain recognition, he added: "We mean to organize these people. If that means a no-holds-barred fight, that's what it's going to be."

Tax-Relief Bill Would Aid Retired R.N.s

"I can't afford to retire," says an aging nurse. "My Social Security won't be enough to live on, even though it's tax-free. My income from savings will help—but that's taxable."

Nurses in such circumstances have a stake in a tax-relief bill now before Congress. It would exempt retired persons 65 and over from Federal taxes on pensions, interest, and other income of less than \$5,000 a year. Those interested in passage of this bill may write their Representatives and Senators.

Artificial Kidney Saves Drug-Poisoned

Persons in coma from overdoses of sleeping pills, salicylates, and the like are being saved by an improved

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it's a family problem...
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Athlete's Foot—one of the most prevalent and troublesome fungus infections today—is estimated to affect 90% of the population at one time or another. Desenex, containing the unsaturated fatty acid, undecylenic acid, has proved to be one of the most potent antimycotic agents known for effective treatment of superficial fungus infections.

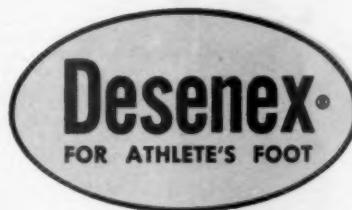
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news

artificial kidney. The new kidney, which speeds up hemodialysis, is also being used successfully in cases of acute renal failure.

In recent weeks Dr. Albert L. Rubin and associates at New York's Bellevue Hospital and New York Hospital have used the device to revive a 2-year-old boy and a 62-year-old longshoreman. The boy reportedly swallowed aspirin; the longshoreman, oil of wintergreen.

The novel feature of the improved kidney is a disposable unit of coiled cellulose tubing ("sausage cellophane"). The unit is immersed in a dialyzing bath that cleanses the patient's blood of impurities.

New Lab Test Spots

B₁₂ Deficiency

Vitamin B₁₂ deficiency, when due to lack of intrinsic factor, can now be spotted by a simple lab test of gastric juices that takes only two hours. (Such deficiency causes pernicious anemia.)

Tests formerly available were expensive and took several days. Besides, they required the cooperation of a patient who already had pernicious anemia.

The new test may also help in the early detection of other conditions connected with B₁₂ deficiency, such as anemic heart disease and certain psychoses.

Dr. Victor Herbert (a second cousin of the composer), assisted by Dr. Zaida [More on 86]

for nurses

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RN *literature and samples*

VARICOSE VEINS: External support of varicosities through use of elastic hose is the subject of a journal reprint. This, with details about Lastonet Stockings and a sample of material, is offered by SUFFOLK LABORATORIES. E-1

NUTRITIVE VALUES OF MACARONI PRODUCTS: Macaroni-noodle products are easily digested and assimilated and contain 75 per cent carbohydrates for energy. The nutritive values of these products are discussed in a folder prepared by the director of research of NATIONAL MACARONI INSTITUTE. E-2

VITALLIUM METAL FOR SURGICAL USE: Vitallium is an alloy created specifically for surgical use. Interesting facts about it, plus listings of certain instruments and devices made from Vitallium, are found in a folder, "Leaves From a Nurse's Notebook," which is offered by AUSTENAL, INC. E-3

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duces nursing care. Literature is offered. AMERICAN METAL PRODUCTS CO. E-4

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HISTORY OF THE HYPODERMIC SYRINGE: A 28-page booklet which bears this title combines a chronological account of the syringe, since its first use, with a catalog of syringes and needles offered by MERCER GLASS WORKS, INC. E-6

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RN



How to Safeguard the Diabetic's Feet

**Your vigilance is
still needed to help prevent the
tragedy of amputation**

BY CLARE PHILLIPS, R.N.

Doctors and nurses have long known about the extreme vulnerability of the diabetic's feet. And they've instructed countless diabetics in proper foot care.

At the diabetic clinic of Henry Ford Hospital in Detroit, they've been especially careful to make sure their diabetics know of these dangers. For years they've said something like this to each patient:

"Before you were a diabetic you could take a bath, cut your toenails, and put on a new pair of shoes without any thought of danger. But this is no longer true. These and other simple actions may now lead to gangrene unless you take certain essential precautions."

What has been the result? Patients don't always take these precautions. Dr. H. L. Johnson of the clinic staff says, "We still

HOW TO SAFEGUARD THE DIABETIC'S FEET

TWELVE DON'TS FOR DIABETICS

1. Don't apply any kind of external heat.
2. Don't take a bath until you've tested the water temperature with a bath thermometer. The water should be tepid (80-93 degrees F.). If you find yourself without a thermometer, ask another person to test the water with his hand.
3. Don't go without shoes, not even at home or on the beach. Stubbing your toe in the bedroom or stepping on a lighted cigarette on the beach might cause serious complications.
4. Don't put on your shoes until you've inspected them. Look for such things as nailheads in the soles, a wrinkled lining, a pebble under the insole.
5. Don't take off your shoes without inspecting your feet afterwards. Look for chafed spots, pressure points, blisters.
6. Don't wear tight shoes, socks, or stockings. Buy square-toed or round-toed shoes, a half size larger than usual. Wear clean seamless socks or stockings a half inch longer than the foot.
7. Don't break in new shoes all at once. Wear them a half hour the first day, a half hour longer every day thereafter.
8. Don't perform "home surgery" on toenails, calluses, corns. Trim your toenails with a nail clipper only. To remove a callus, soak your foot in tepid water; carefully buff off the surface layer of the callus with an emery board; massage with lanolin. See your doctor for any corns. (*Never* use patent corn removers!)
9. Don't skip your daily foot and leg exercises.
10. Don't skip your regular check-up by a foot clinic or chiropodist. Be sure the clinic or chiropodist knows you have diabetes. Report any pain, heat, cold, swelling, numbness, tingling, redness, or cyanosis.
11. Don't ignore any signs of infection. Report to your doctor at once.
12. Don't ever relax your diabetic regimen. Follow your diet, take your Insulin or other medication, test your urine daily.



have to treat an appalling number of serious infections, burns, ulcers, and gangrenous toes."

Why the Publicity?

Fortunately, the problem of the diabetic's feet is now getting nation-wide attention. Four factors are bringing it into sharp focus:

¶ *A seeming increase in the vascular complications of diabetes, which are the basic cause of foot lesions.* The American Diabetes Association suggests that this is due to improved diagnosis rather than to any real upward trend. Whatever the explanation, it has served to call public attention to the problem.

¶ *Widespread use of oral anti-diabetic drugs.* Most authorities advise extra precautions against gangrene by patients using these new drugs, particularly when control is poor or the foot condition complicated.

¶ *Campaigns to discover new diabetics.* Dr. Theodore J. Bauer of the Public Health Service estimates that there are a million undiagnosed diabetics in the U.S. Increased efforts are being made to bring these cases to light.

¶ *Use of improved surgical techniques.* The [More on 75]

Your Liability in Off-Duty

Whether or not you help the injured is up to you—but when you do, you must show what the courts call 'reasonable care and diligence' in the situation

BY HELEN CREIGHTON, R.N., J.D.

Recently Mrs. Augusta Neff, an R.N., volunteered for service with the emergency ambulance corps of a small New Jersey town. On her first call she entered a home and found that a man had attempted suicide by drinking poison.

He was still conscious and refused first aid. So Mrs. Neff had a member of the family pry his jaws apart with the handle of a spoon while she poured an antidote into his mouth. Then she talked him into swallowing it. Thanks to her prompt action, he later recovered.

Mrs. Neff knew that every nurse who goes on duty faces the chance that some day she may be sued for malpractice. It's a normal hazard of her work. But after this experience, she began



Off-Duty First Aid



to wonder just what her legal status was while she was doing volunteer work.

Could the man she helped have sued her if she'd broken his teeth or otherwise injured him? *Was she running the risk of a civil damage suit by voluntarily giving emergency first aid?*

The answer to her first question is *yes*. The patient might have sued, though in all probability he wouldn't have collected a penny. But the answer to her second question is what we're interested in. Again, the answer is *yes*.

Whether Mrs. Neff or any other R.N. is on duty or off duty, a volunteer or a paid professional, she's still legally liable for the results of her actions.

This is true because the courts follow three basic principles when hearing any civil suit

THE AUTHOR is a member of the bar of the District of Columbia and an associate professor at Southwestern Louisiana Institute College of Nursing, Lafayette, La. She's also author of the book "Law Every Nurse Should Know" and of numerous articles in the professional literature.

YOUR LIABILITY IN OFF-DUTY FIRST AID

brought against a professional nurse. The courts say, in effect:

1. The nurse's work is based upon special learning and skills.
2. The nurse is personally liable if a patient is injured through *her incompetence or carelessness* in the performance of these skills.

If You Choose to Help

3. The nurse is not compelled to exercise her profession; *but if she chooses to do so*, then she must show a degree of care and diligence similar to that which an ordinary, reasonable nurse of similar education and experience would show under the circumstances.

When a nurse decides to give first aid on her own, she has chosen to "exercise her profession" so far as the courts are concerned. She's then expected to do a better job than the average citizen is expected to do in the same situation.

For example: Suppose you notice two boys playing in a tree above the sidewalk. Suddenly one falls out. When you get to him you find him lying on his back with one leg twisted under him. He's moaning, "Oh, my back . . ."

You carefully straighten out his leg and check his pulse. You talk soothingly and keep him lying in a prone position. You know he might have a back injury and it would be harmful to have him sit up.

A policeman arrives and calls an ambulance. Later, you hear that the boy has a broken leg and two fractured vertebrae. Naturally you're glad you kept him lying still.

But suppose you had helped him sit up, causing the spinal cord to be severed. And suppose his parents had sued you for damages. If you were anyone but a nurse or a doctor, they might not have won their case. But because you *are* a nurse, they just might have won—for you should have known better.

Law vs. Ethics

It's important to emphasize at this point that we're considering the legal aspects of off-duty first aid *only*. The nursing profession is dedicated to helping others. And most nurses will always put their moral and ethical obligations first when they face human suffering and pain.

With this in mind, let's look at three questions and answers

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that'll help you understand the legal side a bit better:

Are you legally obligated to provide first aid?

In general, *no*. Many states, of course, have a specific statute that requires those involved in automobile accidents to stay at the scene of the accident, notify the police, and give first aid. But otherwise you aren't legally required to give such help.

As an extreme example: Suppose an automobile accident happens while you're walking to work. A man is thrown from his car into the street. He's unconscious and is bleeding severely from a cut arm. You're late for work and others are rushing to

the accident, so you hurry by without stopping.

Later you learn this man bled to death. You feel terrible about it. Then you begin to wonder whether you can be held liable in any way.

The answer is *no*. You can't be held liable even though you might have saved the victim's life if you'd stopped and applied pressure to arrest the bleeding.

If you give first aid, when does your responsibility to the patient end?

It ends as soon as you've given whatever help is needed and possible under the circumstances—provided you make sure the patient understands that you're



"I trust you didn't forget the angostura."

YOUR LIABILITY IN OFF-DUTY FIRST AID

thus limiting your service. You may turn the patient over to a doctor or to an ambulance team. Or in minor cases, you may simply tell him to see his physician.

What else can you do to protect yourself against a possible damage suit?

As is the case with your on-

duty work, the best defense is to use your nursing knowledge and skills wisely and carefully. Then be sure you can prove that you did what you did, if necessary.

At the time of the accident, make notes about everything you do. Make notes on what you said to the injured [More on 83]

Men in Nursing

By Emanuel Goldberg, R.N., M.A.

In 225 B.C. King Asoka of India founded the first nursing school in history. The sign on the door said "Men Only."

The king would be shocked if he visited nursing schools today—but not so much as he would have been in 1946-47. Then, only seventy-two men were enrolled in U.S. nursing schools. Today about a thousand attend. And some 10,000 men proudly write R.N. after their names.

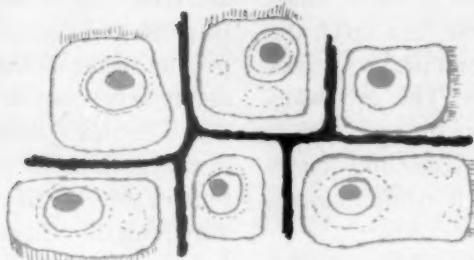
It's well-known that many of the new male R.N.s became interested in nursing while serving in the medical branches of the Armed Forces. As a result, hundreds of ex-GIs have entered professional R.N. ranks. Evidence now suggests that this increase in the number of male nurses will continue.

Quite a few of the men in nursing today are employed in state psychiatric hospitals—many of them in the East. (New York State, for example, in 1950 employed 20 per cent of all the male nurses in the nation.)

V. A. hospitals also attract a good many male R.N.s—especially as educators and administrators. And many general hospitals say they prefer men for anesthesia and other specialized jobs.

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Useful nursing facts about

Fluid and Electrolyte Balance

By Morton J. Rodman, PH.D.

Get set up to give I.V. fluids!" That's an order you hear often these days. For doctors have come to realize just how important it is to replace lost body salts and water without delay and to correct electrolyte imbalance.

It used to be difficult to correct many imbalances. But now the flame photometer, the colorimeter, and other devices give the doctor exact diagnostic knowledge. And with the help of new parenteral solutions and tech-

niques, he can often give fast and accurate therapy.

It's up to the doctor, of course, to decide when the patient needs an infusion, what he needs, and how much to give. But after that, it's up to you, the nurse, to supervise the infusion.

You must of course know what the patient is receiving and why. Then you can watch for symptoms that'll help the doctor get the best results.

The basic causes of fluid imbalance stem from the nature of

THE AUTHOR is Professor of Pharmacology at the College of Pharmacy, Rutgers University, Newark, N.J.

FLUID AND ELECTROLYTE BALANCE

the body fluids themselves. These fluids are found in three kinds of compartments: the cells, the blood vessels, and the spaces between the cells. The cell walls and the capillary linings are barriers that allow some substances to pass through while holding back others.

The body fluid is about 70 per cent water in the cells, 20 per cent interstitial fluid, and 10 per cent blood plasma. These fluids

all contain similar salts, acids, and bases, known as electrolytes. But the concentrations of electrolytes in the different compartments vary considerably.

A complex system of automatic adjustments keeps these fluids remarkably steady in content. Anything that threatens to upset the proper proportions of salts and water causes a series of reactions. These reactions help the body keep the water and miner-

Some Solutions

Each entry on this list starts with the official or generic name of the drug, followed in parentheses by its trade name(s) or synonym(s).

Electrolyte Replacement Solutions

Lactated Ringer's solution, U.S.P. (Hartmann's solution, modified)

Multiple (balanced) electrolytes (Butler's solution, Ionosol B, Talbot's solution, Ionosol T, Travert electrolyte solution)

Potassium acetate, bicarbonate, and citrate solution (Potassium Triplex, Liquid)

Potassium chloride in dextrose (Kadalex)

Potassium-lactate solution (Darrow's solution, potassic saline, Ionosol PSL, KNL Solution)

Ringer's solution, U.S.P. (Isotonic Solution of Three Chlorides, Triple Chloride Solution)

Sodium chloride solution, hypertonic

Sodium chloride solution, hypotonic

Sodium chloride solution, isotonic (normal saline, physiological salt solution)

als that it needs and get rid of the rest.

Sometimes severe stress may upset the system. For example, kidney and gastrointestinal diseases can prevent it from operating. So can burns, bad injuries, and surgery. Then parenteral therapy is needed—and needed fast.

Generally, most troubles are caused by (1) lack of water, (2) lack of essential electrolytes, (3)

acid-base imbalances. Let's look at each of these and see what can be done to counteract them.

1. Lack of water.

Excess water loss occurs in many kinds of illness. And when the patient can't tell you he's thirsty, the loss may mount up fast. So it's especially important for the nurse to check constantly on such patients as babies, psychotics, and those under sedation.

[More on 67]

Parenteral Administration

Acid-Base Corrective Solutions

Ammonium chloride solution

Calcium chloride solution

Sodium bicarbonate solution

Sodium lactate solution

Nutritional Solutions

Dextrose solutions (glucose solutions)

Dextrose solution with B Complex factors (Beclysyl)

Fructose, N.N.R. (invert sugar, levulose, Levugen)

Invert sugar solution with B Complex factors (Verclsyl)

Protein hydrolysates, intravenous, N.N.R. (Amigen, Aminosol,

Hypotigen, Parenamine, Travamin)

Hydrating Solutions

Dextrose 2½ % in half-strength saline

Dextrose 5% in quarter-strength saline

Dextrose 5% in half-strength saline

HOW WE



O. R. STAPH

Here's a successful new aseptic routine you can adapt to your own operating room and to similar controlled areas

*By Ralph Adams, M.D., and
Edna M. Dube, R.N.*

When we had seven wound infections at Huggins Hospital in 365 surgical cases—all due to contamination during surgery—our surgical team was appalled. This meant our O.R. asepsis was only 98 per cent effective. So we determined that we wouldn't rest until it was as close to 100 per cent as human effort could make it.

Now after two years and innumerable experiments, we're convinced that we've succeeded in creating a truly sterile O.R. For we haven't had a single case of surgical contamination in many months. And the culture plates we expose in the operating room now grow only two or three colonies as contrasted to some 50 colonies before. Most encouraging of all, practically none of these colonies are pathogenic.

When we first started to review our O.R. techniques, we hit a blank wall. For our aseptic measures appeared to be flawless.

But we wouldn't give up. We cultured the air, the floor, the

THE AUTHORS are, respectively, Chief of Surgery and Directress of the Sanitation Control Program at Huggins Hospital, Wolfeboro, N.H. Dr. Adams is also Professor of Clinical Surgery at Boston University School of Medicine.

cuffs of the doctors' scrub suits, the soles of their shoes, the wheels of the stretchers and anesthesia machines. And here we found enough pathogens to convince us that the usual concept of asepsis just isn't adequate.

What's needed to make surgery completely aseptic, we decided, is a technique that provides not just a sterile field for surgery, but a sterile environment. Using a four-bed ward as our laboratory, we worked out the details of such a technique step by step.

The key words of our new asepsis are familiar ones: *cleaning and isolation*. But these words now refer to a high degree of cleansing and isolation that we just didn't reach when we used standard procedures.

Cleansing of our O.R. today means the most thorough job possible, done daily under the supervision of an O.R. nurse. We go over each room (walls, floor, ceiling, and everything in it) with a filter vacuum cleaner. Then we scrub it with a solution of hot water containing a 2 per cent concentration of Tergisyl (a detergent, phenolic disinfectant solution).



STERILE CONDUCTIVE BOOTS are important in the Huggins Hospital infection control program. Here a nurse carefully places the conductive strip of such a boot against her leg. With her sterile clothing and fitted filter mask, she's now more than 95 per cent proof against contaminating the O.R. environment.

To improve our isolation we've set up a series of zones between the operating room and the rest of the hospital (see the diagram on page 47). People and objects entering or leaving the operating room must observe the rules of each zone. Let's see how

HOW WE STAMPED OUT O.R. STAPH

our new system works during a typical day.

Zone C: When the scrub nurse arrives, she enters the clean zone, hangs her street clothes in her locker, and puts on her duty shoes. Then she washes her hands and dons a sterile scrub gown and cap, and a fitted filter mask.

Zone B: She next enters the interchange zone where a strip of detergent-disinfectant-soaked blanket is stretched on the floor just inside the entrance. Here she sits on a stool at one end of the blanket and picks up a pair of sterile conductive boots. After she puts them on over her duty shoes (see photo on page 45), she may move at will within the interchange zone.

Now she opens packs containing her gown, gloves, and a supply of sterile brushes and cotton balls. She puts on a plastic apron and begins her scrub.

(The waterproof apron prevents any organisms from splashing on her scrub dress and later soaking through to contaminate her surgical gown. The circulating nurse, who has now arrived, removes the apron for her as soon as the scrub is completed.)

The scrub nurse does two five-

minute scrubs, each with a separate brush. Then she soaks her hands and arms for thirty seconds at the rinse basin. She sponges them for another thirty seconds with a cotton ball dipped in the rinse solution. Finally, she dries them carefully and dons her operating gown and gloves.

The Sterile Zone

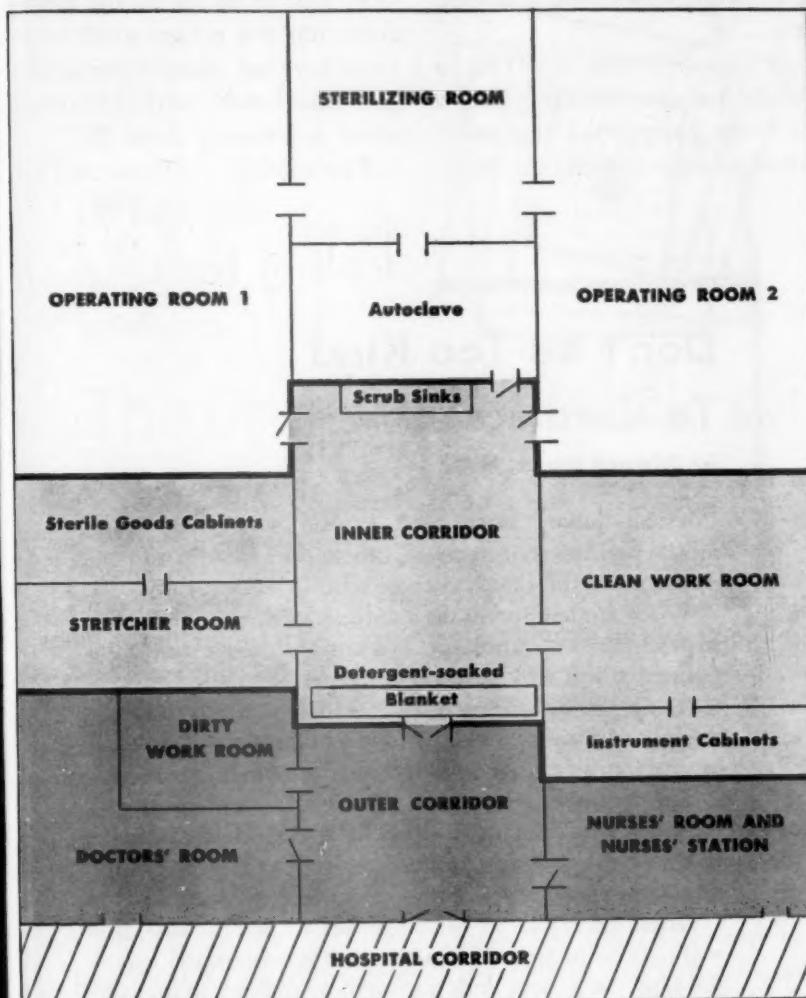
Zone A: Now she enters the operating room and sets up the instrument tables. Meanwhile, other members of the surgical team arrive.

An outside aide brings the patient to Zone B on a ward stretcher and stops the stretcher on the detergent-disinfectant-soaked blanket. An aide inside the zone then dresses the patient in a sterile cap, gown, and mask. (A gauze mask is used because a filter mask would interfere with anesthesia.) The aide then transfers the patient to a clean stretcher that's always kept inside Zone B.

Ordinarily, neither the aide nor the ward stretcher is allowed in the O.R. If a doctor orders his patient transferred directly from a recovery-room bed to the O.R. table, the bed is scrubbed before it's brought in from Zone B. Any

Zone A (Sterile Zone)
 Zone B (Interchange Zone)

Zone C (Clean Zone)
 Rest of Hospital (Dirty Zone)



DECONTAMINATING ZONES are marked off on this floor plan of the Huggins Hospital operating room suite. All persons who enter must observe rigid procedures and rules of dress for each zone so they'll gradually become decontaminated as they proceed from one room to another.

HOW WE STAMPED OUT O.R. STAPH

other outside equipment that has to be brought in is also scrubbed first.

If an aide leaves the O.R. to get the patient, she must don a fresh cap, gown, mask, and boots before she can re-enter the inter-

change zone. Anyone from the O.R. can go as far as the clean zone; but this person must wipe his or her boot soles on the detergent-disinfectant-soaked blanket when re-entering Zone B.

The careful [More on 71]

Don't Be Too Kind To Cardiacs

By Edward Weiss, M.D.*

Physical factors alone can't explain why some heart-attack patients soon recover, others take months to convalesce, and still others become semi-invalids for life.

When a nurse serves on a cardiac case, everything she says and does is important. For during convalescence the patient is in a very susceptible frame of mind. The attitude the doctor, nurse, and the patient's family take toward the patient's illness will either strengthen his courage or give him an excuse to withdraw from the outside world.

For instance, if the doctor or nurse emphasizes the seriousness of the heart attack, the patient may decide he's now a very delicate organism. He may start to gratify an unconscious desire for dependence and inactivity.

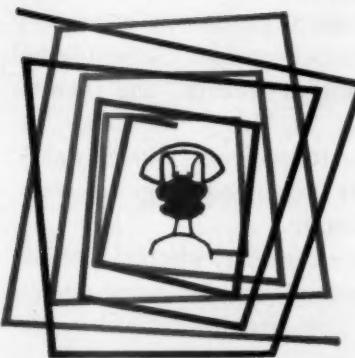
Often the nurse, in her eagerness to give service, unwittingly helps foster this attitude. Then when she leaves the case, the patient finds it even more difficult to manage by himself. She'll serve him better if she'll encourage him to be independent, step by step, right up to the very last moment of her stay.

END

*Adapted from Dr. Weiss' book, "Don't Worry About Your Heart," (\$3.95) published recently by Random House.

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What you
need to know
about



The Drug-Addicted Nurse

By Edward R. Bloomquist, M.D.

"It can't happen here." That's how most nurses seem to feel about drug addiction in their midst: They find it hard to believe that capable Nurse Jones (or popular Nurse Smith) could ever become addicted.

Yet it *does* happen. And when it does, addiction goes far beyond the matter of scandal, as bad as that may be. It can seriously affect patient-care.

Like most R.N.s, you've probably heard that an addicted nurse is unreliable and cagey. She is. But she never seems so—until

she's exposed. Meanwhile, her superiors and co-workers get just the opposite impression.

Why? Because the nurse-addict knows she can feed her habit only so long as she has access to narcotics. So to protect her source of supply, she tries to be the most efficient and best-liked nurse in the hospital.

She volunteers for the meanest jobs. She pitches in and helps everybody. And note this: *She's particularly willing to do night duty.*

After entrenching herself in

THIS ARTICLE approximates part of an article recently published in GP magazine.

THE DRUG-ADDICTED NURSE

the good graces of the nursing office, she avails herself of an unlimited supply of narcotics. Her most common method is the forging of records. She reports drugs as "lost," "spilled," or "used for patients." She may also dilute prescribed drugs or give a substitute.

For example, when morphine is prescribed, the nurse-addict may give atropine, nitroglycerin, strychnine, or placebos—substitutes that are harmful and sometimes even fatal.

The number of substitutions one nurse can accomplish is almost unbelievable. At a West Coast hospital, narcotic agents arrested an R.N. who had made 700 of them.

An Old Hand at It

It wasn't the first time this nurse had been caught—a fact that brings up this question: Why is it that a nurse-addict, detected at one hospital, is able to continue her activities at others?

The truth is that administrators often decide to discharge the nurse quietly to avoid the publicity her arrest might bring. (Pity for the nurse also influences some decisions.)

The discharged addict usually

finds work in another locality without any trouble. By the time her references are checked, she has helped herself to the drugs she needs and has moved on to another hospital and another source of supply.

Why She Gets Caught

But sooner or later she's caught. For the nurse-addict rarely changes her tactics. Even if she tries to change, she usually uses other tactics that are familiar to the narcotic agent. So her arrest is inevitable.

Unfortunately, the story of nurse-addiction doesn't have a fairy-tale ending. Rehabilitation—even after proper withdrawal treatment—is difficult for the practicing nurse.

If she goes back into hospital work, she may again be tempted by ready access to drugs. If she takes work as a special, she may find herself nursing a terminal patient who has an unlimited supply of the drug that caused her addiction.

A Way Out

There's one procedure that offers her immediate hope. She may volunteer to accept N-allyl-normorphine monitoring. Then

she would have to let the authorities give her test doses of this narcotic antagonist whenever they wished—a prospect which would give her the incentive to remain off drugs.

Unhappily, few drug addicts ever stick to this procedure. So there's really only one answer for the nurse-addict: She must give up nursing temporarily, and possibly for life.

END

R.N.s BRIDGE BORDER WITH BOOKS



South of the border, down Mexico City way, the American-British Cowdray Hospital School of Nursing—established last year—had no library. So, north of the border, in Denton County, Tex., nurses took steps to provide a library—through CARE. Here, the school's director, Betty Gold, and three of her students examine textbooks and reference works they've just received from their friends in the U.S.

One National

YES, says the A.N.A. NO, says the N.L.N.

One of the questions you may hear discussed at nurses' meetings these days is: "What about an A.N.A.-N.L.N. merger? Do you think we should have one national nursing organization or two?"

Nearly twenty years ago, our profession started to think about merging its half-dozen national organizations into one. In 1944 a national planning committee was appointed to study the question. Then two years later professional planners were called in.

In 1952 the merger came. But six years of study then seemed to

indicate that *two* organizations would serve nurses' professional needs better than one. So the American Nurses Association continued with a broadened program. And a second organization, the National League for Nursing, was formed.

Now the merger issue is in the air again.

At the 1958 A.N.A. convention, delegates went on record as believing that "one national organization can best meet the needs of nurses and nursing in the United States." So the A.N.A. invited the N.L.N. to help form

Organization for You?

L.N. . Here are the arguments on both sides

BY HOPE PATTERSON, R.N.

a joint committee to study merger possibilities.

But the N.L.N. declined. It replied with a counter-proposal: Let's meet to discuss mutual problems rather than to discuss a merger.

This time the A.N.A. declined—for it felt bound by the merger directive from its delegates.

Now just what stand should you, the professional nurse, take in this controversy? You'll want to know the facts and opinions on both sides before making up your mind.

To get this information, *RN* recently queried a number of authorities plus a cross-section of its readers. Here are some points gleaned from these sources, as two informed nurses might explain them:

Nurse A: "One of the reasons I favor merger is that the A.N.A. and the N.L.N. now duplicate each other's work in many areas—and this is wasteful of time, effort, and money."

Nurse B: "I can't go along with you on that. I'm not convinced there *is* much duplication. And if it *does* exist, I'm sure it

ONE NATIONAL ORGANIZATION FOR YOU?

could be corrected easily by mutual action.

"Besides, the two organizations are basically different in their membership and objectives. The A.N.A. is for professional

nurses only, and it promotes their professional advancement. The N.L.N. is open to other professional groups and community agencies. It works with these agencies to improve [More on 80]

B *y handcar to romance*

During the 1918-19 flu epidemic our hospital received a call from a neighboring town for someone to nurse a desperately ill woman. January rains had made the roads impassable. But friends of the ill woman's husband persuaded the railroad section foreman to lend them a handcar and a man to run it. Scared and shivering, I went along.

Soon we were careening down the tracks, the handcar picking up speed every minute. As I hung on for dear life, I wondered why the brakes weren't being used. Soon I learned why: There were no brakes!

There were no lights either. In almost total blackness, we hurtled terrifyingly through the night.

Suddenly a dark object loomed directly ahead of us. All three men yelled at once: "Jump!" Handicapped by my wraps, I dared not jump. The next I knew I was atop a flatcar we'd crashed into, face down, glasses off, mouth full of gravel.

Before long I heard my companions searching beneath the flatcar for my remains. I managed to spit out enough gravel to let them know I was still alive.

The relieved men carried me to the nearest doctor. He sutured my cut knee, checked me from skinned nose to frost-bitten toes, and sent me home from the hospital two days later.

Unfortunately, the patient we'd gone to help did not recover. I did, though—well enough to get married . . . to the doctor!

—MARY WOLFE OLIVER, R.N.

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Meet **PBI**

The Devitalizer Detective

BY VIVIAN L. LEGGE, R.N.

Nurses who remember the public excitement a number of years ago over pregnancy tests—followed by the excitement over antibiotics, antihistamines, and dozens of other medical advances—are now briefing themselves to answer questions about the PBI test. For PBI, nicknamed "The Devitalizer Detective," has been spotlighted dramatically in the popular press.

Briefly, here's what it is and what it does:

The PBI (protein-bound iodine) test was developed about twenty years ago. Careful work by several dozen research centers has since proved its value as an accurate thyroid activity determinant. Today some 250 medical laboratories can provide PBI analysis on request.

To run a PBI test, the technician adds chromic and sulfuric

acids to a blood sample. Then he distills the iodine from this mixture. Finally, he measures the quantity of protein-bound iodine on a color-matching machine.

This measurement—often accurate within 1/1,000 of a milligram—gives the doctor a valuable tool. Since 98 per cent of protein-bound iodine is derived from thyroxine, he can tell how much of this hormone the thyroid gland is producing. This means he can usually spot hyperthyroidism and hypothyroidism more readily and reliably than he could with the older BMR (basal metabolic rate) test.

This achievement might not have caused much talk by itself. But the PBI test has also opened up a new field: the accurate diagnosis and treatment of *partial* hypothyroidism.

Research now seems to show

PBI, THE DEVITALIZER DETECTIVE

that when the thyroid gland starts slowing down, lack of thyroxine in the system causes physical and mental processes also to slow down. Women may suffer from menstrual irregularities. Both men and women may show such symptoms as muscular weakness, constipation, headache. And they may constantly feel tired and depressed.

In the past, the doctor couldn't relate these symptoms to partial hypothyroidism. For until the PBI test came along, he didn't have a gauge that was exact enough to show the presence of this condition.

University of Southern California researchers, working at the Los Angeles County Hospi-

tal, are among the pioneers using the PBI test. They've diagnosed more than 10,000 patients there in the past eighteen years. And in the past four years they've tested blood samples of 4,500 white-collar workers. All these workers were well; but the PBI test showed that 5 per cent had partial hypothyroidism.

If this percentage is valid nationally, it may mean that some 8,500,000 Americans are suffering from gradual slow-down of the thyroid gland. This statistic is what's causing the current excitement. In the face of it, medical men are hoping that everyone who feels tired without apparent cause won't suddenly decide to ask for a PBI test!

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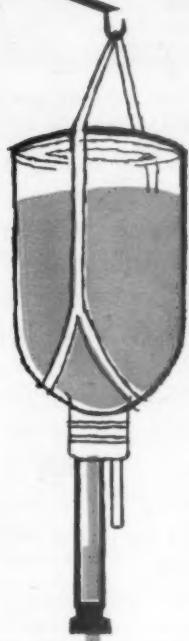
The patient had rheumatic heart disease, nine children, and another child on the way. When I called on her as a visiting nurse, I got up my courage and asked if she'd like some information about planned parenthood.

She thought a moment and asked, "You mean birth control?"

"Some people call it that," I replied.

"Well," she said slowly, "I suppose you nurses have to know about such things. But I'm married."

—RUTH C. OLEKSIJ, R.N.



She Helps Cut Transfusion Hazards

This 'transfusion nurse'
gives you some vital pointers
on how to care for the
patient who receives blood

BY PATRICIA D. HORGAN, R.N.

A harried night nurse moves swiftly to the bedside of a critically ill patient. She carries a bottle of blood that may save the patient's life.

The nurse helps the doctor start the transfusion. After the doctor leaves, she satisfies herself that everything's all right. Then she moves on.

But the patient soon reacts violently. When the nurse returns, it's too late to save his life.

What went wrong?

First, the blood-bank technician incorrectly labeled the bottle the nurse used. Second, the nurse stayed away from the pa-

tient too long. If she'd returned sooner, she could have stopped the transfusion in time to minimize the reaction and give the patient a fighting chance.

Fortunately such fatal reactions occur in only about one of every 10,000 transfusions. But *serious* reactions occur with alarming frequency—in about one of every 3,000 transfusions. Errors in identification of the patient or of the blood he receives are major reasons for this toll. Lack of professional supervision during transfusion adds to the danger.

Now the "transfusion nurse"

SHE HELPS CUT TRANSFUSION HAZARDS

has joined the blood therapy team. By using her special skills she's helping to cut transfusion hazards.

Eden Hospital at Castro Valley, Calif., is one of the pioneers in transfusion nursing. Dr. Frank Dutra, hospital pathologist, explains:

"The seriousness of hemolytic transfusion reactions, some 35 to 50 per cent of which are fatal, justifies our program. Since adding a transfusion nurse, we haven't had one such reaction—and we've given more than 2,500 units of blood."

The procedures the transfusion nurse follows are of interest to all R.N.s. For they alert us to the steps that *should* be taken in every transfusion case.

Let's visit Mildred Hartley, the transfusion nurse at Eden Hospital, and watch her at work. Here's what Mrs. Hartley routinely does:

¶ *Before transfusion*, she rechecks samples of the patient's blood and the donor blood.

¶ *During transfusion*, she administers the blood and observes the patient.

¶ *After transfusion*, she ex-



BEFORE TRANSFUSION Mildred Hartley double-checks patient's blood with sample of donor blood drawn from plastic bag with sterile syringe. She notes that patient's and donor blood types are identical.



AT TRANSFUSION relaxed patient watches transfusion nurse do venipuncture. Six months' special training in theory and technique was needed to prepare the nurse for this kind of skilled work.

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amines a sample of the patient's blood.

Mrs. Hartley does the pre-transfusion check in the laboratory immediately before she's scheduled to start the transfusion. Here she retypes the patient's blood and compares it with the original typing. She does the same for donor blood assigned to the patient. She also examines the donor blood for bacterial contamination. If she finds anything wrong, she tells the pathologist.

At the start of the transfusion, Mrs. Hartley checks the patient's

temperature and blood pressure. She then remains with the patient for at least fifteen minutes. After that, she returns each fifteen minutes until the transfusion is completed.

While she's at the bedside, Mrs. Hartley watches the patient closely for any adverse reaction. The symptoms of such reaction may include erythema, chilliness, nausea, vomiting, or pain in the chest or loins. If any one of these symptoms appears, she discontinues the blood at once.

"Every drop of unsuitable blood I keep the patient from getting," she explains, "increases his chance to live."

As she stops the transfusion, she calls the pathologist and instructs the floor nurse to notify the patient's doctor. Then she takes care of the patient's immediate needs. For example, she may elevate his head for easier breathing or put on an extra blanket if he's chilled.

"It's very important to have a nurse on hand during the early minutes of a transfusion," Mrs. Hartley emphasizes. "For instance, I remember a patient who apologetically told me his chest seemed to feel tight. If he'd



AFTER TRANSFUSION Mrs. Hartley inspects sample of transfused patient's blood for hemolysis. She spends about ten minutes per transfusion doing pre- and post-transfusion laboratory tests.

SHE HELPS CUT TRANSFUSION HAZARDS

had to ring for a floor nurse, he surely wouldn't have bothered her with such a vague complaint. But because I was there, we were able to stop giving blood immediately."

After the transfusion, Mrs. Hartley goes to the lab and checks the patient's blood for hemolytic cell changes. If she detects any, she again follows the standard emergency procedure. She notifies the pathologist and the patient's doctor of her findings so that treatment and transfusion reaction studies can start at once.

Mrs. Hartley has this advice

for nurses: "Remember, every transfusion involves certain risks. Spend a little more time at the patient's bedside. Be alert for the first sign of a reaction. If it occurs, move swiftly and surely—for you may save a life by so doing."

Some hospitals may believe they can't afford to train and use a transfusion nurse. But the advantages surely are worth serious consideration. Clearly, when an R.N. uses her knowledge in this special way, she makes a vital contribution to better care of the patient who receives life-saving blood.

R *Reason for tears*

Mrs. Smith, whose face had been badly cut in an auto accident, had been crying almost all day. I'd done my best to cheer her, but without success.

When the surgeon stopped in for a visit that evening, the patient was still sobbing.

"Doctor," I said cheerfully, "I told Mrs. Smith not to worry—that *I* once had face injuries just like hers—and look at me now."

"Hmm," he said. "No wonder she's crying!"

That did it. The three of us had a good laugh together.

—ALYCE E. FILKO, R.N.

For each previously unpublished anecdote accepted, RN will pay \$15 to \$25. Address: Anecdotes, RN, Oradell, N.J.

A Light in the Night

BY BETTY SIPES, R.N.

Heavy rain pelted the dark windows of the receiving ward. The sound seemed to prey on the troubled minds of the mentally ill women who slept there: From time to time, a moan from some bed would break the silence.

Two months of solitary night duty at this isolated psychiatric hospital had begun to get on my nerves. But I had work to do. So I decided I'd better get to it at once.

Flashlight in hand, I started my regular half-hourly check. As I walked down the hallway, I heard muffled sobs in the seclusion room occupied by a new patient. I opened the door, flashed my light, and asked: "Are you all right, Mrs. Marks?"

"Yes. Leave me alone! Leave me alone!"

Her piercing words hurt me unreasonably, but I said nothing and left the room.

Back at the nurses' station, I read the patient's chart for the second time: Age 38. Married. Two children, ages 2 and 4. Stenographer before marriage. Normal pregnancies; normal deliveries. No

THIS ARTICLE has won one of the 1958 RN Awards for its author, a psychiatric nurse in Sacramento, Calif.

A LIGHT IN THE NIGHT

acute physical distress. Cooperative but seclusive. Reportedly depressed for past two months.

Three days before, the case history showed, Enid Marks had tried to hang herself in the family garage. A neighbor had found her and cut her down just in time to save her life. After they'd put her to bed at home, she'd hardly spoken to anyone. Later, her worried husband had gotten her into our hospital.

As I scanned the chart, I wanted desperately to be able to help—to have a part in restoring this wife and mother to a useful place in society.

The sudden sound of footsteps caused me to look up. There stood the patient in the doorway, eyeing me defiantly.

A Friendly Gesture

With assumed calm I stood up, smiled, and walked toward her. "I was just about to go to the kitchen for coffee and a cigarette," I said. "Won't you join me?"

I don't know why I chose to break hospital rules at that moment. Patients are never allowed in the kitchen and never allowed to smoke at night.

My patient, still staring at me,

said nothing. I closed the office door and, guided by the flashlight, walked toward the kitchen. Enid Marks followed slowly.

"The coffee is made," I told her, switching on the kitchen light. "It just has to be heated. Will you excuse me while it's heating so I can finish my ward check?"

I felt I could safely leave her for a few minutes. Surely she couldn't harm herself. The knives were securely locked in a drawer.

Hastily I made my rounds and returned to the kitchen. My patient was standing just where I'd left her. I went to an open shelf to get cups—and then a horrible thought struck me: *Any dish would have been easy to break. One sharp edge would have been enough to . . .*

Why hadn't I foreseen the danger? What had happened to my common sense? Had fear suddenly wiped out all I'd learned in long years of training?

"Please sit down, Mrs. Marks," I managed to say.

She watched me pour the coffee, then cautiously followed me to the table. As she accepted a cigarette, she seemed to challenge me with her eyes. For the next few minutes I chattered on

—saying anything that helped fill the void.

I wanted to cry out: "Talk to me and let me help you!" But I held back the words. For I knew she must build up her confidence slowly and painfully.

Suddenly she crushed the cig-

arette in an ash tray, got up and walked toward the door. There she turned and reached into the pocket of her robe. She held out a razor blade.

"You take it," she said. "I was going to kill myself tonight. I thought nobody cared whether I

Easy Refresher Training For the 'Special'

By Ruth E. Powell, R.N.

The patient who hires a private duty nurse thinks of her as his "special." He's sure she's trained to do everything for him that needs to be done.

But the special herself may not feel so confident. Maybe she's had nothing but routine cases for several years; or maybe she's been inactive part of the time. Then one day she thinks: "Good heavens! What if I'm asked to set up a Wangenstein some day, or give tracheotomy care!"

As a private duty nurse I faced this problem recently. And I woke up to the fact—as many nurses have—that there's an easy way to get refresher training whenever I want it. Here's what I do:

I pick a convenient time in advance and then apply to local hospitals for several weeks of duty. Someone's always off because of illness or vacation, so I always get the time I want—and usually the hospital I want.

I get paid for my work, of course, and I enjoy making new friends and working with old ones. But best of all, I get to brush up on most of the usual routines and to learn some of the latest techniques.

END



MAKE THIS TEST—Smooth Z.B.T. Baby Powder on your hand. Then sprinkle with water. Note how water rolls off! Z.B.T. moisture-proofs skin, gives baby extra protection.

...that Z.B.T. Moisture-Proofs Baby's Skin



YES, because Z.B.T. Baby Powder with Olive Oil actually sheds moisture, it moisture-proofs baby's skin against irritating acid-moisture of wet diapers and perspiration. Soothes like powder, protects like oil. Guards against painful chafing, prickly heat, urine scald and diaper rash. Keeps skin dry and comfortable. Use Z.B.T. Baby Powder after bathing, at every diaper change.

Z.B.T. BABY POWDER WITH OLIVE OIL HAS
BEEN USED IN OVER 1700 HOSPITALS



NOTE: Z.B.T. does not contain zinc stearate or boric acid.

GLENBROOK LABORATORIES Division of Sterling Drug Inc., 1450 Broadway, New York 18, N.Y.

A LIGHT IN THE NIGHT

lived or died. But now you've made me feel as if—well, as if we were two office girls on a coffee break and everything was all right. Maybe I will get well."

As I took the blade, my pro-

fessional self was shocked. I wondered where she'd got it and why we hadn't found it on her.

But my personal self was happy. I understood my own behavior now. Somehow I had felt

Paralytics Aid In Poison Control



Emergency calls from nurses are among the many received by polio-paralyzed Ralph Pettit, one of three handicapped persons who staff the Gulf Coast Poison Control Center in Houston, Tex. This center, the first in the U.S. to be manned by paralytics, maintains a 3,000-card reference file on poisonous substances and their antidotes. At a specially built desk, wheelchair confined staff members work comfortably and efficiently in helping nurses and doctors to save lives of poisoned persons.

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A LIGHT IN THE NIGHT

her anguish and had responded by doing and saying the right things. I'd helped her to take that first critical step back to reality.

"Thank you," I said, "—for a lot of things."

She seemed to guess my meaning—for she shyly placed a hand on my arm and said, "Maybe your flashlight should be a candle. Florence Nightingale carried one, didn't she?"

I smiled and nodded. But I thought: "No, Miss Nightingale carried a lamp. But whether my light is a flashlight, a lamp, or a candle, I'll carry it high and proudly, thanks to you." END

1 child in 10

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we have more research,
clinics, and psychi-
atrists to cut this
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Give!

**Mental Health
Campaign**

Fluid and Electrolyte Balance

Continued from 43

If water input isn't increased, parched lips and other usual signs of dehydration may be followed by scant urine production. And in severely dehydrated patients, urine production may even stop entirely.

To get the kidneys functioning again, the doctor has to build up the blood volume. He may order a hydrating solution. This must be relatively low in salt, as the tissue fluids are already too concentrated. It must also contain sugars, such as levulose or dextrose, to help keep osmotic pressures equalized. (If plain distilled water were given to the patient, his red blood cells would soak it up, swell, and burst.)

The hydrating solutions are fairly simple. So are some of the nutritional solutions given to patients who can't eat. Carbohydrates, proteins, and vitamins can all be given intravenously.

Intravenous fat emulsions are now on clinical trial; and if proved safe, they'll be a boon to the severely emaciated patient who needs to increase his calorie intake quickly.

2. *Lack of essential electrolytes.*
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too,



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the gentle laxative



FLUID AND ELECTROLYTE BALANCE

The doctor uses more complicated solutions than those for dehydration when he fights disorders that drain off vital electrolytes. In the body fluids, electrolytes break up into electrically charged chemical particles called ions. So the doctor must be sure to use an electrolyte replacement solution that contains the needed ions.

Sodium, potassium, chloride, and bicarbonate are among the most important ions. They must be present in the body in proper proportions or the cells can't do their work.

For instance, if potassium falls to a certain level, the muscles become weak and the mind gets confused. If the supply goes still lower, respiratory paralysis may set in or the heart may stop. An infusion of potassium salts will promptly relieve the early conditions and prevent the later ones, if given in time.

Signs of Trouble

An alert nurse, able to read the signs of potassium deficiency, can help sound the alarm that may save the patient's life. She needs to know, for example, that

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after surgery a distended abdomen may not mean "gas." It may mean that the intestinal muscles have weakened because of potassium deficiency.

Potassium Toxicosis

She also needs to know that too much potassium can cause poisoning. Then when her patient gets a potassium infusion, she'll watch for two danger signals: (1) numbness and tingling and (2) failure to urinate.

3. Acid-base imbalances.

Normally, body fluids stay slightly on the alkaline side. But

electrolyte changes can upset the usual balance and cause either an excess-acid condition or an excess-alkali condition.

In diabetes, for example, the body burns fat to produce energy. Fatty acid end products pile up beyond the ability of the body to neutralize them. Diabetic acidosis and coma result.

Insulin keeps this condition under control. But solutions that furnish alkali for neutralizing the excess acid are also helpful. These include sodium bicarbonate solution and sodium lactate solution. (Some authorities be-

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Dunbar Labs., Wayne, N. J.

FLUID AND ELECTROLYTE BALANCE

lieve that sodium lactate is the safer of the two.)

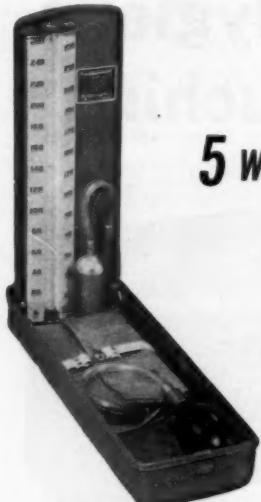
An excess-alkali condition can be caused by many factors. For instance, severe vomiting may deplete the body's chloride stores. This loss may become so severe in the case of an infant that he may go into convulsions or may stop breathing.

In such an emergency, an infusion of ammonium or calcium chlorides may save the child's life. These solutions supply chloride ions, and their acidity offsets the excess alkali.

Whether an imbalance is

caused by acid-alkali conditions or by a lack of essential electrolytes, the trend today is toward giving a mixture of replacements. Balanced electrolyte solutions are now available that contain the ions needed for practically any condition. Concentrates are also available that can be tailored to meet each patient's special needs.

Picking the solution that's best for the patient is up to the doctor. But the nurse can give vital help by her careful supervision of the infusion and by knowing what to expect, and why. END



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70 RN · MAY 1959

How We Stamped Out

O.R. Staph

Continued from 48

procedures governing entry and re-entry of our three zones are in force constantly, day and night. They apply to everyone—including the supervisor on her rounds, the porter, and any other outside workers who might enter the zones.

Inside these zones we try to protect the patient from the air itself. Our filter masks trap about 95 per cent of the organisms normally exhaled. Even so, we

strictly prohibit unnecessary conversation.

Our filtering air-conditioning system delivers sterile air through a ceiling duct in each room. The air is then carried to the hospital corridor by outlet ducts.

Because it's under pressure, the air also flows out around closed doors and rushes out when the doors are opened. This prevents contaminated air from coming into the zone rooms. As an added precaution, each room is equipped with ultra-violet lighting.

One of the first problems we

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Regular diaper is kept easy-to-clean...no soaking, scraping, scrubbing in bowl. And, most important, they're specially treated to prevent diaper rash!



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HOW WE STAMPED OUT O.R. STAPH

faced was to select clothing and masks that would be easy to use and inexpensive to maintain. The O.R. nurses spent weeks trying out different gowns, boots, and masks. Finally we chose the styles pictured with this article.

The gown is a quick-change style for both men and women; it wraps to either right or left. At first the doctors didn't like our choice. But as they came to realize how inconvenient it was to change into a scrub suit each time they re-entered the O.R., they approved the quick-change gown.

The boots can be washed by the hospital laundry and can also be autoclaved. They last about four months. They're made of heavy-duty cotton with a conductive rubber sole. A conductive strip runs up the inside to the leg. This keeps any dust on the shoes from interrupting the conductivity.

Our fitted filter masks are leakproof. Foam-rubber padding distributes the pressure evenly at every point. The masks have exchange reservoirs where enough air is stored to prevent a feeling of suffocation. More►

How "hospital-tested" antiseptic cream Instantly Soothes Burning Feet! Stops Athlete's Foot, Skin Itch!



What a blessing when shoes come off hot, tender, work-weary feet...and soothing Ting goes on! This remarkable medicated cream cools burning skin as you rub it on...dries quickly to a powder that clings, thus continues to soothe for hours.

Antiseptic Ting even relieves Athlete's Foot itch instantly—as proved in hospital tests. Destroys fungi on 60-second contact. Aids healing of

cracked and peeling toes with wonderful speed. And in cases of skin itch due to harsh chemicals, oils, acids, cleaners—Ting is equally effective.

Ting is easy to apply, greaseless, stainless. You can put stockings on immediately after applying Ting Cream without fear of messy stains. Also keeps skin dry. Stops embarrassing foot odors, too.

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We've found that the only way to insure strict adherence to aseptic technique is to enforce all rules through constant supervision by an R.N. We believe that operating room supervisors—or, for that matter, supervisors of delivery rooms and newborn nurseries—are justified in practicing a friendly tyranny over the people who come into their domain.

For instance, our O.R. supervisors constantly check the porters to be sure they change the vacuum-cleaner filters at least every second day. And if the

cleaning solution looks dirty, they make the porter get a fresh solution. Also, they make sure that anyone who leaves the O.R. suite changes his or her cap, gown, mask, and boots before re-entering.

Everyone's Responsible

Everyone, of course, is responsible for maintaining his share of asepsis, because any break in technique by the supervisor or the chief of surgery is just as dangerous as that of an aide or an interne. In a way, everyone on the O.R. team supervises

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(1) Stek, W. J., et al: J. of Pharm. & Exper. Therapeutics, July 1956, 117:347. (2) Goodman, L. & Gilman, A.: Pharmacological Basis of Therapeutics, 2nd ed., Macmillan Co., 1956, p. 1054. (3) Beckman, H.: Drugs, Their Nature, Action and Use, W. H. Saunders Co., 1958, p. 440. (4) Blatt et al: J. of Ped., Vol. 22, No. 6, 1943, 25. Abramowitz, E. W.: Am. J. Dig. Dis., Vol. 17, No. 3, 1950, p. 81-82.

STAMPING OUT O.R. STAPH

everyone else—and the patient receives the benefit.

This is the story of how we at Huggins Hospital have stamped out staph in our operating room. We're sure any other hospital can do likewise if the hospital staff applies the same principle we've followed: namely, to develop cleansing and isolation techniques that are as thorough as we can make them.

END

Tergisyl is supplied by Lehn & Fink Products Corp., Bloomfield, N.J. protect The fitted filter masks, protective Johnson conductive booties, and wrap around gowns are supplied by APASCO Corporation, Wolfeboro N.H.—ED.



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"CHOOZ gave me such sure relief from heartburn during my pregnancy that I still keep it in my purse. My husband also carries it now—to relieve the acid upsets he often suffers."

Minty, effective CHOOZ contains two highly effective antacid ingredients. And through chewing, its medicine enters the stomach in a steady flow. Laboratory tests prove this gentle continuing medication neutralizes excess acid longer...6 times longer than leading antacid tablets! Next time you need antacid relief, see how well CHOOZ provides it.

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Experiences must be original, true, and previously unpublished. They cannot be acknowledged or returned. Those not accepted within ninety days may be considered rejected.

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HOW TO SAFEGUARD THE DIABETIC'S FEET

"The greatest need is for education of patients. We'd like to see nurses make this their particular responsibility. They're

often in a better position than the physician is to impress the diabetic with the dangers he faces. And they can help him avoid

Best Way to Learn About Patients: Be One

By Jeanne Waldron Zollman, R.N.

What's it like to be a patient? No nurse knows the answer better than one who's *been* a patient. She gains an awareness of patients' needs that she could never learn in a classroom.

That's why I believe we should consider giving a reasonable facsimile of hospitalization to student nurses. The simulated experience as a patient would go something like this:

During her second year, the student would be sent to a hospital other than her own. She'd be admitted incognito as a patient with a specific disease—diabetes, for example. After going through the admitting routine, she'd be taken to a semiprivate room and put on complete bed rest for at least forty-eight hours.

During her stay she'd have the usual lab tests, be required to save specimens, be served a diabetic diet, be given sterile-water injections (to simulate insulin administration), and so on.

To make the experience realistic, it would come at an unexpected time (as most illnesses do). And to make the hospitalization more profitable, the student would be required to prepare a detailed report of her observations and reactions.

END

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HOW TO SAFEGUARD THE DIABETIC'S FEET

these dangers by teaching him proper foot care."

Dr. Johnson reminds nurses that most diabetics can't sense pain or temperature changes as a normal person can. This is of course because the diabetic's small blood vessels tend to degenerate and because premature arteriosclerosis and peripheral neuritis often follow.

Why They Get Burned

"The diabetic's sluggish circulation," Dr. Johnson says, "fails to carry heat away from a heated part or phagocytes to an injured

part fast enough to prevent a burn or infection. And because of his peripheral neuritis, he may not feel pain from a lesion until it becomes gangrenous."

Rules for Foot Care

Doctors at the Henry Ford Hospital give their diabetic patients detailed instructions on the proper care of the feet. The *don'ts* on page 34 cover the main points. You may want to use these *don'ts* to teach your diabetic patients and friends how to protect themselves with proper foot care.

END

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Unique formula provides in each tablet:

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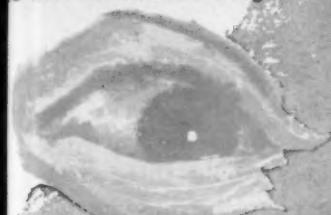
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Cost in Use	Low, but requires frequent application.	High	High, too much needed.	Low, but requires frequent application.	Moderate to low.	Very low.
Power	Heavy and penetrating.	None	Heavy	Heavy and lingering.	Some are heavy, others linger.	Very light and non-linger.
Cleansing ability	None, causes bleaching.	Poor, inactivated by soaps.	Good	Good	Good	Good
Bacteriology	Selective germicide. Will not destroy a wide range of organisms.	Selective germicide. Will not destroy a wide range of organisms.	Selective germicide. Will not destroy a wide range of organisms.	Selective germicide. Will not destroy a wide range of organisms.	Selective germicide. Will not destroy a wide range of organisms.	A nonselective germicide. Kills bacteria, virus, molds, fungi, yeast, spores, etc.
Effect by Cold Water	No	Yes	Yes	Yes	In some cases.	No
Indicator of Material Decay	None	None	None	None	None	Color
Effect on Soil, full strength	Irritants	Sensitizers	Irritants	Non-irritating	Irritants	Non-Irritating
Harmfulness	Yes	Variable	Yes	No	Yes	No

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WEST DISINFECTION DIVISION

One Organization For You?

Continued from 54

nursing education and nursing services in general."

A: "That's true. But it's also true that if the A.N.A. and the N.L.N. merged, the new organization would carry out the objectives of both the original organizations. It would, for example, include non-nursing members as advisory groups, without official vote. By following this system, it could continue the membership in the International

Council of Nurses which the A.N.A. now holds."

B: "I'm afraid the advisory-group idea would drive away many friends of nursing who now help us improve our community services. And the new organization would be strictly a professional one, so it wouldn't have the tax-exempt status the N.L.N. has. This means we'd lose some gifts the N.L.N. now gets from foundations."

A: "I don't think that's so. The new organization could set up a separate tax-exempt group to solicit foundation funds, as the A-



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Just a few moments is all it takes to outline a personal diet for patients with the KNOX Reducing Brochure. Color-coded diets of 1200, 1600 and 1800 calories are based on Food Exchanges¹... eliminate calorie counting... promote accurate adjustment of caloric levels to the individual patient. New, personalized cover helps build patient acceptance for professional instructions.

1. The Food Exchange Lists referred to are based on material in "Meal Planning with Exchange Lists" prepared by Committees of the American Diabetes Association, Inc. and The American Dietetic Association in cooperation with the Chronic Disease Program, Public Health Service, Department of Health, Education and Welfare.

merican Nurses Foundation of
the A.N.A. already does.

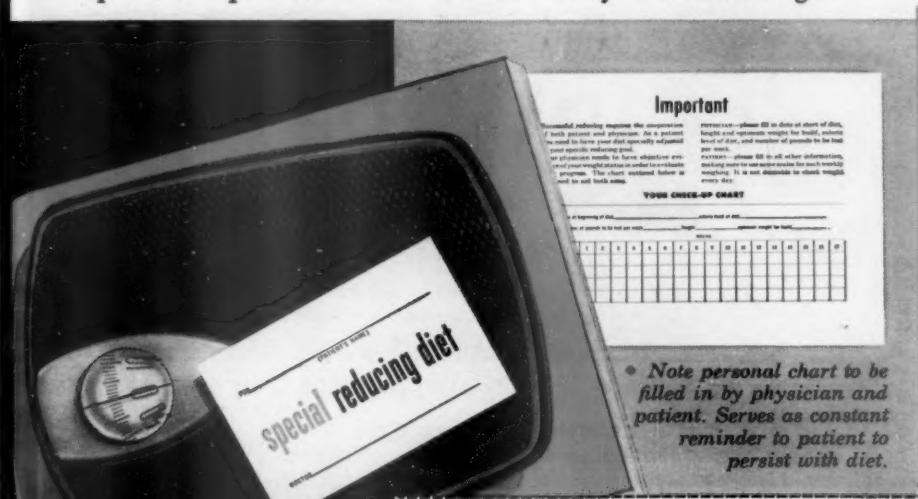
"And while we're on the subject of money: Don't forget that nurses now pay two sets of dues when they support the full national program. A merger would mean fewer paid officers, less expenses in general, and lower dues for members."

B: "I wish you were right. But when the present two groups were formed seven years ago total dues went up, not down. I'm sure this would happen again. A larger organization would soon develop more departments and

take on more ambitious projects, all costing more money."

A: "It might, and it might not. But leaving the subject of cost, let's look at another point. Our present organizations demand too much of the nurse's time. If they merged, the nurse could be more active in one program than she is in two programs. And I feel that more nurses would join one organization than now belong to two."

B: "Frankly, I don't agree with that comment about joining. Nurses just aren't joiners—and this fact surely wouldn't change."



- Note personal chart to be filled in by physician and patient. Serves as constant reminder to patient to persist with diet.

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Professional Service Department
Johnstown, N. Y., Dept. RN-59E

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ONE NATIONAL ORGANIZATION FOR YOU?

just because our national organizations merged. Only about 190,000 out of 460,000 active nurses now belong to the A.N.A., and a mere 20,000 belong to the N.L.N.

"There's still another point about money: If we seriously consider a merger, just remember that it cost \$94,000 for the structure study that launched our present two organizations. A similar study would be needed again, and it would surely cost more today."

A: "Would it? I don't see why a merger study is needed at all.

We have competent officers in both organizations who ought to be able to plan this step *without* outside help."

It's Up to You

Whether you're a member of the A.N.A., the N.L.N., or both, or neither, you can be sure you haven't heard the last word on the question of national organization.

Meanwhile, it's important that you know where you stand, and why. For *you* have the final word on what's best for nurses and nursing.

END



let the new **KNOX LOW SALT BROCHURE** save your time for even more essential ta

Recent clinical research emphasizes the growing usefulness of low sodium diets in a number of critical conditions. You can save much time and repetitious talk by suggesting the new Knox Low Salt Brochure for all patients needing the benefits of a low sodium intake. Diets are based on Food Exchanges¹ and can be easily individualized by selecting one of three caloric levels—1200, 1800 and unrestricted—and by arranging sodium intake at levels of 250, 500 or 1,000 milligrams per day. Separate bibliography of 53 late references available on request.

1. The Food Exchange Lists referred to are based on material in "Meal Planning with Exchange Lists" prepared by Committees of the American Diabetes Association Inc. and The American Dietetic Association in cooperation with the Chronic Disease Program, Public Health Service, Department of Health, Education and Welfare.

Your Liability in Off-Duty First Aid

Continued from 40

person and what he said in reply. If possible, get the injured person to tell you how the accident happened. Also take down names and addresses of witnesses, and get statements from them. After you've arrived home, date your notes, write them out in full, and save them.

Such a record may prove of value to all concerned in the accident. And it'll be your best defense if legal action comes up.

In summary: The law says that in most cases it's up to you whether or not you give off-duty first aid. When you do, you assume the responsibility of practicing "reasonable care and diligence."

Your responsibility to the patient ends when you've done what you can and then let him know this is all you'll do. You should refer him to other medical help if necessary. You can protect yourself by taking down notes of what happens while you're giving first aid to an accident victim.

END



BRAND NEW EDITION—

re-written cover to cover, 40 pages of latest information on low sodium diets, including 15 pages of kitchen tested recipes, list of manufacturers of low sodium foods and table showing sodium content of drinking water in major U. S. cities.

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RUF®... THE TROUBLE-FREE ADHESIVE THAT TEARS CLEAN, WEARS CLEAN

news

Continued from 28

Castro (a distant relative of the Cuban leader), developed the test at Manhattan's Mount Sinai Hospital. The New York Heart Association sponsored their research.

Rx for Hefty R.N.s: Group Hypnosis

"This sure is painless," says one of the twenty-nine nurses taking part in an experiment in hypnotically induced dieting at Memorial Hospital, Houston, Tex.

Each nurse was overweight twenty pounds or more at the start. Weight loss averaged four pounds per nurse the first week and was expected to average two and a half pounds weekly thereafter.

Dr. F. Scott Glover, a general practitioner, and Dr. Ronald F. Norris, an obstetrician, are conducting the experiment. They put the nurses into a hypnotic trance at regular group meetings, then

make suggestions about eating. For example, they suggest that certain low-calorie foods taste much better than certain fattening ones.

The subconscious mind seems to retain these suggestions and thus influence the eating habits of the nurses. One nurse, for instance, reported that she quit eating cookies because she couldn't find any at the grocery store that looked good to her.

Chemosurgery Urged for Accessible Cancer

More extensive use of chemosurgery in the treatment of cancer of the skin and lips is urged by Dr. Frederic E. Mohs, University of Wisconsin.

Dr. Mohs says the technique affords "unprecedented reliability, conservatism, safety, and uncomplicated healing."

Chemosurgery—in effect, a method that gives the operator microscopic vision—Involves chemical fixation of suspected tissue in

AMAZING RELIEF for DRY, ITCHING SKIN the Common Torment of Older Folks

Rich in lanolin, Resinol Ointment lubricates oil-thirsty skin as the Resinol medicants relieve itching. Thus it is invaluable for older folks suffering from persistent itching and irritation due to loss of natural skin oil. Besides its special help to aged skin sufferers, Resinol quickly soothes discomfort of chafing, chapping, dry eczema, minor burns, simple rash . . . Try it!

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For Symptomatic DYSMENORRHEA



FAST RELIEF with **MIDOL**

Only **MIDOL** contains the exclusive
anti-spasmodic, cinnamylephedrine

EFFECTIVE analgesic and anti-spasmodic medication with mild stimulation forms an essential part of the successful symptomatic management of dysmenorrhea.

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news

situ prior to excision. The microscopic visualization makes it possible to follow out accurately "silent" outgrowths from the main cancerous mass. This assures complete removal and reduces the chance of disfigurement.

Booklets Give R.N.s Language Help

"This will make you feel better."

Say that to your Spanish-speaking patient and he's likely to be perplexed. But say it in his own tongue and he'll be reassured.

A new pocket-size English-Spanish booklet for nurses contains this phrase and dozens of others need-

ed at the bedside. A similar booklet in English-Italian is also available. Entitled "Language-Aids for Nurses and Patients," they're the work of Ruth Wilson, R.N., and Norma Cavaglieri, R.N., both of New York City. They're published by Educational Aids, Box 116 Vendevere Station, Brooklyn 10, N.Y. Price, \$1.50 each.

Is Pregnancy Safe After Ileostomy and Colectomy?

In most cases the young woman who's had an ileostomy and colectomy may go through pregnancy and be delivered normally, says a team of Chicago M.D.s. More►

Barefoot Freedom SHOES

#3680
Also available with conductive heel for operating room

Thousands of nurses have worn Barefoot Freedom Shoes for years, and know that they have no equal.

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news

The team, headed by Dr. Fred O. Priest, studied seven such patients whose thirteen pregnancies resulted in ten live births at term and three early spontaneous abortions. Nine of the ten deliveries were per vaginam, one by Caesarean section.

Of course, early and adequate prenatal care is of utmost importance, the team warns.

Alternative Site for I.M. Injections

Is there a better I.M.-injection site than the upper outer quadrant of the gluteal area?

Two Basle (Switzerland) investigators claim there is: There's less risk of vascular and nerve injury, they say, if such injections are given in the ventral section of the gluteus medius and minimus muscles.

An injection here is definitely intramuscular—and not likely to be a mere medication of subcutaneous fat, they point out.

Recent Developments in Bone Surgery

Clawfoot, clubfoot, foot-drop, brittle bones, and congenital dislocation of the hip made news at the recent meeting of the American Academy of Orthopedic Surgeons. The developments:

¶ Clawfoot can be corrected by driving a wedge of bone into the bone in the mid-foot. The wedge lengthens the foot.

More

Nurses agree:

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gives shoes the
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GRiffin ALLWHITE won't crack, chip or peel. Exclusive Titanium factor gives the *whitest white*. Cleans leather with "detergent action," leaves it soft and pliable. What's more, it's *super-rub-off* resistant! Get **ALLWHITE** today.



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or new
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Davol Nipple Covers, made of sturdy Marlex, are laboratory tested to withstand the pressure of Terminal Sterilization up to 250°F. They enable mothers to use the safe, convenient hospital method of sterilizing with nipples upright—and they keep nipples and formula *sterile* up to feeding time. Fingers need *never* touch the nipple.

The Davol Feed-Rite Nurser is made completely of Marlex plastic—laboratory tested not to break, leak or warp. Marlex resists bacteria . . . will not absorb odors or tastes. Pure white plastic, it's easy to clean—inside and out. Wonderfully light weight for holding and traveling.



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Nursers feature the exclusive Davol
Nipple Cover.

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Designed
with Baby in Mind

DAVOL RUBBER COMPANY
PROVIDENCE 2, R. I.

news

¶ Recurrent clubfoot is sometimes treated successfully by soft-tissue operation (tendon transplants, for example). Good or fair results have been obtained in about 70 per cent of clubfeet treated by this method.

¶ Foot drop, a common deformity among cerebral-palsied children, has been treated effectively in 105 of 110 cases by surgery that converts the gastrocnemius (calf) muscle from a two-joint to a one-joint muscle.

¶ Evaluation of a technique for treating children with brittle bones—called intramedullary rod fixation—indicates that the method helps prevent fractures, corrects or prevents deformities, and stimulates long-bone growth. Fragments of the fractured long bone are threaded onto a straight steel rod, and they eventually unite. Eighty such operations on twenty-two children have produced satisfactory results.

¶ Congenital dislocation of the

hip can be corrected more successfully when treatment is started in the first year of the patient's life. This means that diagnosis should be made within the first few weeks of life.

¶ In ninety babies with congenital dislocation of the hip, about 25 per cent were breech presentations.

capsules

Footnote on nurse's nightmare: If thermometer breaks and patient swallows contents, don't worry. That amount of mercury won't hurt him, scientists say . . .

Mental patients said to benefit from fencing lessons given by recreational therapist at Kings Park (N.Y.) State Hospital. Lessons develop poise, give patient outlet for his aggressive tendencies . . .

In diagnosis of heart disease, fluoroscopy entails serious radiation risk. X-ray relatively little. Yet in most cases, X-ray data will suffice, says

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are: If patient worry. won't benefit by rec- s Park ons de- outlet for e, fluor- on risk, in most ce, says
le situation: Four-month-old infant with staphylococcal pneumonia and empyema resistant to most antibiotics was allergic to antibiotic chosen after sensitivity tests. Thoracentesis produced 30-40 cc. of creamy, purulent fluid. Organism was *Staphylococcus aureus*, coagulase positive.

When Furacin was instilled: 0.2% Solution was diluted equally with physiologic saline and 10 cc. of mixture instilled twice daily into pleural space, with suction catheter clamped off for 1 hour. Fluid almost immediately became thinner and less viscous. Twenty-four hours later infant was less irritable, voluntarily started taking food. Instillations stopped. URADANTIN® Oral Suspension prescribed. Recovery uneventful.

1. Perkins, J. L.: Kansas State M. J. (to be published).

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quickly relieves pain and itching
stimulates granulation and healing

Soothing, bland, non-sensitizing
and non-irritating; water-miscible.

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(plant, allergic,
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sunburn

and other burns

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news

Dr. Eliot Corday, U.C.L.A. can
diologist . . .

Washington, D.C., nonprofit orga
ganization rents maternity clothe
to expectant mothers of its child
birth-training classes . . .

Experiments on rabbits sugge
hormones which stimulate thyroi
activity help arrest TB, says Na
tional Tuberculosis Association.

Nurses, doctors, other hospital per
sonnel should get smallpox vac
inations every three years, contend
Dr. Alexander D. Langmuir, Com
municable Disease Center, Atlan
ta, Ga. . . .

Bad news for the hot-toddy trade
Pennsylvania State Medical Soci
ety warns against use of alcohol fo
a chill . . .

Legal profession advocates stat
law in New York to take "fantastic
profit" out of drug peddling. La
would enable addicts to get na
otics from public health clinic
and M.D.s . . .

New technique for exchange trans
fusions in babies at birth: Tw
catheters are inserted into aorta in
stead of one into umbilical artery
says Berlin dispatch to Scop
Weekly . . .

Hospital nurses' prestige with pub
lic is greater than that of lawyer
and school marms; but it's less than
that of physicians, dentists, drug
gists, Health Information Founda
tion poll shows . . .

Induction of artificial hibernation

by I.M.-administered nerve-blocking drugs was reportedly successful in treating 25 badly burned Chileans . . .

Sidelight on where the money goes: Medical care got same share of consumer's spending dollar last year as alcoholic beverages and tobacco—5.3 cents. (Comparative figures for '47: medical care, 4.1 cents; alcoholic beverages and tobacco, 7.5 cents.) . . .

Seven-case study indicates that isoniazid speeds fracture healing, says report to Western Orthopedic Association . . .

Artificial valves, as replacements for defective aortic and mitral valves, are being sewn inside dogs' hearts in experiments at Columbia University . . .

Public health edict in Tulsa, Okla.: Vendors of prewrapped sandwiches must keep them under refrigeration from time they're prepared till served . . .

Common-cold prevention measure in Wilkes-Barre, Pa.: Hospitals, schools, and lunchrooms are urged to use disposable cups, plates, spoons . . .

Ionia, Mich., woman, in what amounts to a **transfusion marathon**, has been kept alive by blood transfusions for 20 years, Red Cross reports . . .

A.M.A. committee condemns **crash diets** as serious health hazard for high-school athletes . . . More ▶

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Now you'll like Esquire LANOL-WHITE more than ever—in its convenient new giant size bottle. Goes on easy, dries quickly with no streaks. Doesn't just hide dirt . . . actually removes it! Contains Lanolin to help keep shoes soft and supple. Get it today! Saves you a dime . . . saves you that extra trip to the store.

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*Antipruritic—permits normal healing.
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news

Compulsory labeling of paints to warn against **lead-poisoning danger** is urged in New Jersey following deaths of three children. (They swallowed paint particles from toys, window sills.) . . .

Uncle Sam, M.D.: More than 31,000,000 Americans (about 17 per cent of population) can now get all or part of their medical care at taxpayers' expense. Most are veterans, servicemen, military dependents . . .

When doctor criticizes patient, **nurse takes her cue** from doctor and also criticizes patient, charges critical New Jersey M.D. . . .

Commercially available powder called Res-Q is described as "a **universal antidote** for common and unknown poisonings where a specific antidote is not available" . . .

Dermatologists' studies, reported to A.M.A., suggest that patient who seems "**allergic to everything**" when patch-tested may be reacting to pressure of patch itself . . .

Effective control of **recurrent herpes simplex** by inoculation with smallpox vaccine is reported by scientists at University of South Dakota . . .

Study of **O.R. fatalities** (including recovery-room deaths) at Wadsworth VA Hospital, Los Angeles, shows mortality rate of one-tenth of 1 per cent in recent ten-year span . . .

Government official urges law requiring companies that put coal-



prevention • treatment

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The medication makes the big difference: Caldesene contains 15% calcium undecylenate for sustained antibacterial and antifungal action — Caldesene forms a protective coating which prevents moisture or other irritants from coming into contact with tender or affected areas. Since the film is discontinuous it does not interfere with insensible perspiration. This unique product relieves itching, soreness and burning, and protects against diaper rash, prickly heat, and chafing.

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WALLACE & TIERNAN, INC.

Belleville 9, New Jersey



news

tar colors in food to prove they're safe in quantities used. Children have been made sick, he says, by high-concentration orange dye in candy . . .

Patient today is said to pay less for average prescription than for carton of cigarettes . . .

Nurse's potential in out-patient care is undergoing intensive study in three-year project at Duke University . . .

Less than 10 per cent of new drugs developed annually remain successful, says Dr. Harvey L. Daiell, Lakeside Laboratories' scientific director . . .

Prosthetic repair of chest and abdominal-wall tissue with polyethylene surgical mesh has produced good results in 53 cases, reports Dr. Francis C. Usher of Baylor University . . .

"Explosive increase" in life expectancy at birth—up nearly 10 per cent in just 17 years—is reported

by National Association of Insurance Commissioners . . .

Latest theory on how to prevent tooth decay: Add mineral phosphates to children's diet. Idea is being tested in P.H.S.-sponsored field trials . . .

Preadmission interview is carried on by phone before patient arrives at St. Mary's Hospital, Rochester, N.Y. Plan reportedly speeds admissions, lessens patient's anxiety . . .

New pocket-size transistor stethoscope has range of 20 to 1,000 cycles, magnifies heart sounds up to 80 decibels . . .

Drug industry's research spending reportedly totals about \$200,000,000 a year, or between 5 and 10 per cent of gross sales . . .

"Get back into bed," Lexington, Ky., nurse told man she met fully dressed in corridor. "Sorry," he said, "I'm not your patient—just his twin brother." END

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ADMINISTRATIVE SUPERVISOR: For Obstetrical Service, includes approximately 90 adult beds, 60 bassinets, labor and delivery rms., staff and private patients. Salary \$4704 to \$5880 depending upon education and experience. Liberal personnel policies. Apply Director, Department of Nursing, The Medical College of Virginia, Richmond 19, Va.

ANESTHESIA COURSE: The Grace Hospital, Central Unit, School of Anesthesia offers to graduates of accredited schools of nursing, an 18 mo. course of training. Instruction in all types of anesthesia techniques. Classes accepted March and September. Accredited by AANA and G.I. approval. No tuition. Liberal stipend pd during entire training period. Write to: Director, School of Anesthesia, The Grace Hospital Central Unit, Detroit 1, Mich.

ANESTHETIST: Nurse, registered, female, by June 15, 1959. To serve also as Chief Nurse and Supervisor. \$600 monthly. Supervisory experience desirable. 12-bed general hospital in mining town, staff of 20, including 7 RN's. Must be adept at inhalation, intratracheal, spinal, and intravenous techniques, and capable of independent judgment. Age under 50 yrs. Employment for husband usually available. Good school, low rental housing, excellent climate. Apply Richard G. Hardenbrook, M.D., Bagdad Hospital, Bagdad, Ariz.

ANESTHETISTS: (a) Join Staff of three, 100 bed hosp. near San Francisco, to \$7200 (b) Alaska, small hosp. ocean city near mountains, \$7000 (c) OB, 250 bed hosp. near winter-summer resorts Florida, \$5-6000 (d) Share service 200 bed hosp. with male anes., excellent financial opport., Upper Mich. resort. RN5-2 Burneice Larson, Medical Bureau, 900 N. Michigan Ave., Chicago, Ill.

ANESTHETIST NURSE: \$5,000 up yearly. Apply Dr. John Snow Chief Anesthesiology, Massachusetts Eye & Ear Infirmary, Boston, Mass.

ANESTHETIST, NURSE: To cover surgery and OB in 275 bed hospital with expansion program in process. Excellent facilities and personnel policies. Salary open. Call or write Personnel Director, 810 E. 27th St., Minneapolis 7, Minn. Phone Federal 2-7266.

ASST' HEAD NURSE: 3-11 & 11-7 salary \$74.05 per wk. Increase every six months. 4 wks. vacation, 14 days sick time. Rooms at reasonable rates. Write Director of Nursing, Hospital for Crippled Children (and Adults), 19 Park Ave., Newark, N. J.

ASSISTANT SUPERVISORS: Experience as a staff nurse necessary. Head nurse or supervising experience preferred. B.S. degree or equivalent credits. Rotational, evenings and night assignments available. Attractive salary arrangement. Apply Director of Nursing,

Cleveland Metropolitan General Hospital, 3395 Scranton Rd., Cleveland 9, Ohio.

ATTENTION REGISTERED NURSES: Hunting, fishing, skiing! Relax while working in the beautiful Rogue River Valley in southern Oregon. Modern new hospital and facilities. Just opened. General Duty, O.B., Pediatric, Oper. Rm. and Supervisory positions now open. Excellent schools and year-round recreational advantages, ideal climate. Write Rogue Valley Memorial Hospital, 2825 Barnett Road, Medford, Oreg.

ATTENTION REGISTERED NURSES: Position vacancies of all types. Modern 300-bed accredited teaching hospital located in industrial city of 60,000, within 20 miles of Ohio Northern University. Inservice programs. Cooperative administrative group maintains high-quality of patient care. 40 hr., 5 day wk., rotating shifts. General duty salary range \$300-360 per mo. \$10 per mo. merit increase every 6 mos. \$20 differential for P.M., \$10 for nights. 2 wks. vacation, 6 pd. holidays, 14 day sk. lv. per yr. Excellent meals at cost. Write to Director of Nursing Service, Lima Memorial Hospital, Lima, Ohio.

ATTRACTIVE OPPORTUNITY — NURSES-O.R.: Get away from fog, smog, & industrial areas. Come to exciting, Wonderful Wyoming. 340 days sunshine, fresh air in year-round recreation area. Position vacancies, all shifts and types. 165 bed JCAH Hospital, with expansion program. Capitol city, growing medical center Wyoming. 50,000 pop. Home of Frontier Days and Warren Air Base. Metropolitan Denver 2 hrs. drive from Cheyenne. Excellent personnel policies; 40 hr. wk., 2-3 wk. vacation, sk. lv., new Nurse Residence at \$43 room and bd. Excellent housing facilities within 10 mins. of Hospital. Starting salaries \$275 day, \$300 eve., \$290 surgery. Apply Dir. of Nursing, Memorial Hospital, Cheyenne, Wyo.

BETTY HARTWIG says there are vacancies at the Hospital here in L.A. If you're thinking of moving, write her c/o L.A. County General Hospital, Box 1311, Los Angeles 33, Calif. **CALIFORNIA** might not be heaven, but it's the next best thing—and that's our honest opinion. If you're planning a move—move here and see for yourself. With 6 mos. exp. you will be paid \$395 mo. Please write me. Betty Hartwig, R.N., Box 1311, L.A. County General Hospital, Los Angeles 33, Calif.

CALIFORNIA: Registered Nurses (General Duty with opportunity for advancement), new modern 130 bed general hospital in dynamic college city in beautiful San Joaquin Valley only 2 hrs. from Los Angeles. Salary \$325 to begin. Differential for evening and nights. 5 day, 40 hr. wk. Progressive personnel policies. Transportation costs to California will be reimbursed after 1 yr. satisfactory service. Send full particulars immediately to Director of Nurses, Greater Bakersfield Memorial Hospital, P.O. Box 26, Bakersfield, Calif.

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CHARGE NURSES at L.A. County General Hospital receive \$412 per mo for eve and night shifts. Please write me for full information re job opportunities here. Betty Hartwig, R.N., Box 1811, L.A. County General Hospital Los Angeles 33, Calif.

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CLINICAL INSTRUCTOR—OBSTETRICAL NURSING: Large general hospital located in a fine residential district. School of Nursing fully accredited by the N.L.N. with a student body of 193. Educational preparation and experience preferred. Salary dependent upon qualifications. Position open July 1, 1959. Apply Director of Nursing, The Toledo Hospital, Toledo 6, Ohio.

CLINICAL INSTRUCTOR, OUT-PATIENT DEPARTMENT: To plan student experiences in Out-Patient Department, integrate Community Nursing in formal and clinical instruction in all areas. NLN fully-accredited diploma program, 150 students. University affiliated. Excellent personnel policies including full tuition assistance for courses leading to advanced degree. Apply to Director of Nursing Education, Mount Sinai Hospital of Cleveland, 1800 East 105th Street, Cleveland 6, Ohio.

DIRECTOR OF NURSING: With B.S. preferred, in 112 bed modern hospital. Right position for nurse with experience, enthusiasm and ability to make decisions. Contact Administrator, Richland Memorial Hospital, Olney, Ill.

DIRECTOR OF NURSING: 150 bed general hospital located 90 miles from San Francisco. Good salary. Apply Administrator, St. Joseph's Hospital, Stockton, Calif.

DIRECTOR OF NURSING EDUCATION: Nursing for the future. Opportunity to direct psychiatric nursing affiliation program supported by capable staff and backed by sound progressive administration. B.S. or M.S. required, will consider clinical instructor for advancement, beginning salary \$5580. James F. Fields, R.N., Director of Nursing, Box 476, Jamestown, N.D.

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DIRECTOR OF NURSING SERVICE: Washington Suburban Hospital. Experience in supervision or assistant director required. Apply Administrator, Suburban Hospital, Bethesda Md.

DIRECTOR-NURSING SERVICE: 142 bed general hospital, JCAH approved. Contact Administrator, Rahway Hospital, Rahway, N.J.

DIRECTOR OF NURSING SERVICE AND EDUCATION: In accredited 190 bed non-profit hospital in residential area of Philadelphia. Diploma School with 55 students. Master's Degree essential. Experience as an assistant desired. Salary excellent, commensurate with background and experience. Apply Administrator, Memorial Hospital, 55 Ridge Ave., Phila. 28, Pa.

DIRECTOR OF NURSES: Community Hospital in Michigan, near metropolitan area. New hospital with plans for expansion, presently 90 beds. State qualifications, present n.

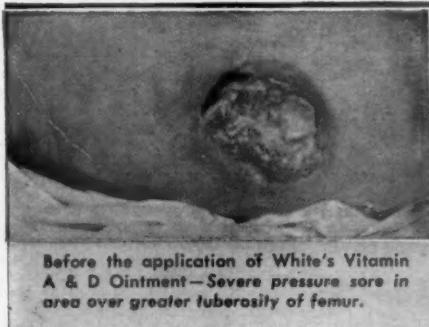
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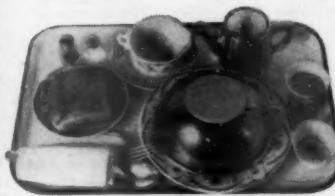
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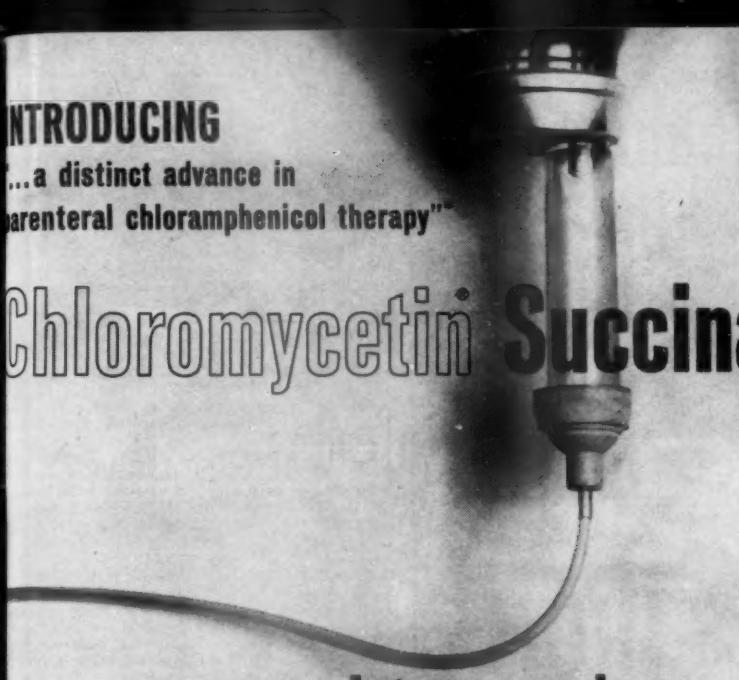
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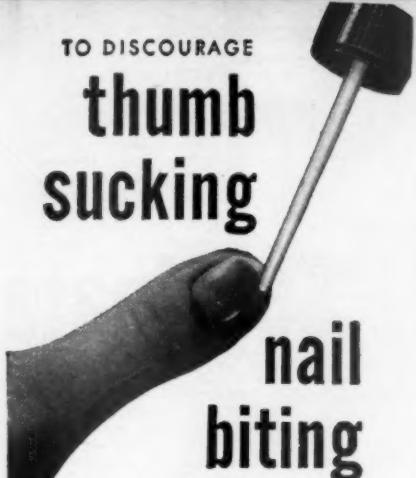
559 See, S.; Puig, J. R., & Zaremba, E. A., in Welch, H., & Martínez-Ibañez, E.: Antibiotics Annual 1957-1958, New York, Medical Encyclopedia, Inc., 1958, p. 817.

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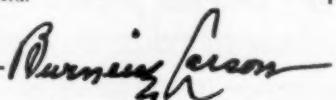
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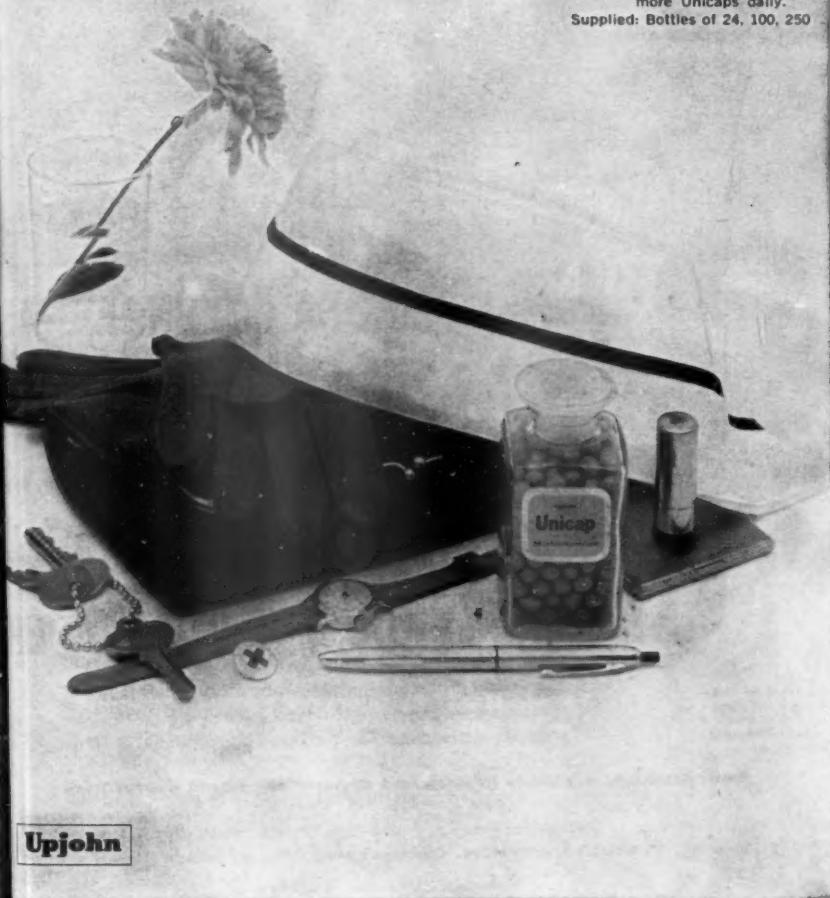
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*Effect of Buffering Agents on Absorption of
Acetylsalicylic Acid*, J. Am. Pharm. Assoc.,
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